



## Small Groups: Hands-on Group Prayer Training

### Tools for Praying with Your Group

- [Lectio/Ignatian Contemplation/One Percent Prayer/ARRR/Mark-Up Method Handout](#)
  - This handout contains tools for your group and your personal prayer.
  - The more you grow in your personal prayer, the more it will overflow into your group's prayer times
- [Video on Praying with Your Group](#)

### Experiential Learning:

- With Lectio/Mark-Up Method - demonstrate using Whiteboard function on Zoom
- Ignatian Contemplation
- [One Percent Prayer](#)

### Helping People Pray in their own words - Post-It Prayer

**Key: Your leadership of your group in prayer grows directly from your growth in personal prayer. The Lord is not done! God always has more for you!**

## **Let's try it!**

Matthew 28:16-20

The eleven disciples went to Galilee,

to the mountain to which Jesus had ordered them.

When they saw him, they worshiped, but they doubted.

Then Jesus approached and said to them,

“All power in heaven and on earth has been given to me.

Go, therefore, and make disciples of all nations,

baptizing them in the name of the Father, and of the Son, and of the holy  
Spirit,

teaching them to observe all that I have commanded you.

And behold, I am with you always, until the end of the age.”