

CENTRALITY OF PRAYER

OUTLINE FOR SESSION 1

1. Introduction to The Prayer Pack edited by Susanne Carlsson

(Susanne, who is the lead for Spiritual Direction in both Canterbury and Rochester dioceses, has suggested that copies of the Prayer Pack be made available for people to buy after the meeting)

2. Listening to God in silence and stillness
3. Intercessory Prayer
4. God in my Day

OUTLINE FOR SESSION 2

1. A Week of Accompanied Prayer

Leaflets about the Week of Accompanied Prayer, which is an ecumenical organisation, will be freely available on the day.

2. What is it? How it can make a difference to our prayer life.
3. How can we have a Week of Accompanied Prayer in our church?
4. Praying with the Bible:
 - A. Lectio Divina
 - B. Praying using the imagination