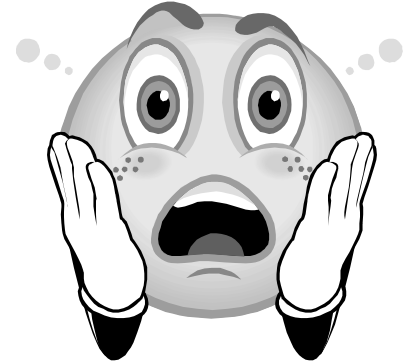


What if I'm Asked to Lead Prayer???

To Lead a Prayer Experience (10-15minutes)

1. Call everyone to prayer
 - Make sure everyone is "there"
 - Do sign of the cross if it feels appropriate
2. Have a little silence
3. Offer something for a focus
 - A bit of Scripture
 - A common/memorized prayer
 - A prayer from a book (borrow a missalette from church)
 - A reflection you have written
 - A Song from a CD
4. Give time for quiet reflection
5. Invite anyone to share a reaction or voice their needs or gratitude
6. Close the prayer
 - Can be as simple as "Amen" or "We ask all this in Jesus' name. Amen."
 - Can be as involved as a song or another prayer the group says together



There are no rules. Be as creative as you want. Divide up reading parts if you have time to prepare and want to encourage participation. Planning prayer doesn't mean you have to facilitate the whole thing yourself. Offer your ideas and share them. The more you do this, the more comfortable it will feel.

To Lead a Short Opening/Closing Prayer/Grace

1. **Call Everyone to Prayer** (*"Alright, let's take a moment to pray" (pause... maybe do sign of the cross)*)
 2. **Address God/Jesus** (*"Loving God,)"*)
 3. **Identify Your Purpose** (*"You have gathered us together in this moment to ____"*)
 4. **Identify Your Hope** (*"We hope that what we do here/have done here is a sign of Your Kingdom"*)
 5. **Express Gratitude & Close Prayer** (*"We thank You for what You have already given us and ask You to continue to bless us in Your Name. Amen"*)
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To Lead a Blessing (Over a Child, someone who's sick, someone about to take a test, etc.)

1. **Pause in Silence** (*"If you feel moved to place a hand on the person's shoulder or head, make sure to ask their permission first"*)
2. **Address God/Jesus** (*"Jesus, Companion and Friend,)"*)
3. **Voice the Blessing** (*"please let ____ (person's name) ____ feel Your blessing upon her/him because S/he ____ (is having an operation, is traveling to Guam, is experiencing serious financial difficulty, etc.) _____. Keep all who love him/her connected to him/her as s/he journeys through this time."*)
4. **Close the Prayer** (*"we ask this, trusting in Your Love. Amen."*)

Simple Blessings can be very powerful moments. Blessing prayers connect us to other people. If you are able, invite other people into your blessing moment. If it's at a home, ask other family members; at church, try to catch a few people before they head out the door. Prayer is answered through us, so the more people we involve the richer the opportunities for prayer to be answered.
