

Prayer Partners Process

- We're going to pray the way they do in Silent Unity.
 - We will use the prayers from the Silent Unity booklet.
 - Do not make up your own prayers
 - Before you begin, both of you center yourselves in the Presence.
 - Share your prayer request with your partner. No drama and few details otherwise your partner will "buy into" the problem. We want to hold "the high watch" for each other.
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- **Possible Openings:**
 - Centered in One Presence and One Power, we know that you name are
 - Blessed Presence...
 - Blessed Spirit...
 - Father...
 - Dear God...
 - **The Prayer:**
 - After your opening then choose sentences and phrases that speak to the prayer request. You may take sentences from one or more prayers in the booklet. You will need to change the "I" to "you".

Possible Closings:

- We affirm this in the name and through the power of Jesus Christ
- We affirm this in the name and through the power of the living Christ
- Amen
- Prayers do not need to be lengthy
- If you are centered, you will know what to say and you will know when the prayer is complete.

This process will take only 5 – 15 minutes.

It's okay to spend a little time before and after getting to know your partner.

