

## What is a Week of Guided Prayer?

It is a daily time of prayer (aiming at 30 minutes) and a daily (30 minute) individual meeting with an experienced prayer guide.

### Who is it for?

Anyone who is already Christian and who wants to deepen their prayer life, or someone who is not sure what they believe but is willing to take a risk and seriously explore the reality of God. Either way, it is for any generous soul willing to commit to the elements of the retreat.

### What happens?

Each participant is invited to pray privately for at least 30 minutes each day, and will meet with his/her prayer guide privately for 30 minutes each day at a mutually agreed time and place.

Since each participant is unique (as well as each prayer guide) exactly what happens during the retreat is different for each person.

During the one-on-one meetings, the prayer guide typically is much more of a listener and companion than a teacher or sharer of wisdom. The participant brings to these sessions his/her experiences of what happened during the prayer times as well as other life events and experiences relevant to his/her relationship with God.

The prayer guide listens and responds with a welcoming, non-judgmental, compassionate presence - not only to the participant, but also to God's Spirit moving in their midst. By reflecting back to the retreatant what is heard, by asking an open ended question, by sitting together in silent prayer, or in various other ways, the prayer guide can often help the retreatant to listen more deeply to what God wishes to communicate, as well as help the retreatant get more in touch with what s/he wishes to communicate to God. All of this occurs under the guidance of the Holy Spirit.

### Why do it?

When we are generous, God is more so. Even people who only took part because they felt sorry for their priest or chaplain have got a lot out of the week! We encounter a God who loves and calls us. It can also be a great help in making or confirming decisions, big or small.