

Spiritual Companion Training Part 2

The Role of Prayer in Spiritual Mentoring

In 1 Thessalonians 5:17, Paul writes, “pray without ceasing.” What does Paul mean? Is Paul encouraging us to come before God continuously with our lists of people and situations we would like to see changed? Or is Paul admonishing us to live a life of prayer; as we live and breathe, we are praying. What exactly is prayer?

- a gift from God
- a loving intimacy with God
- a creative contact with the source of all life
- a great adventure
- making space for God
- being still and listening...paying attention
- a naked intent stretching out for God
- a hopeful and joyful waiting for God
- opening our hands and receiving from God with gratitude

Journeying with a spiritual partner offers us an opportunity to engage in prayer with and for another. Praying, sharing with one another in God’s presence creates a sacred space in which we can together uncover and recognize the obvious in our lives and realize that every day, every moment is an event through which God mediates. God tries to reach us, get our attention through everything/everyone around us.

James Finley describes the divinity of what is – it is what it is – God in disguise. With your guidance/encouragement your spiritual companionship may enter a time of prayer with questions like...

- there is construction all around me...what is it, O Lord, that you desire to construct/reconstruct/deconstruct/transform in me and in my life?
- There were traffic jams and road blocks and detours and interruptions every where I tried to travel today. O Lord, how are you trying to slow me down, pay attention? How do you desire to reroute me and my direction? Turn us back to you, your way and your will?
- There is noise, constant chatter, music, cell phone conversations, horns everywhere I go....work, gym, home, errands. O Lord, how can we hear your still small voice in the midst of all the chaos around me? What is it you desire me to hear and know in the midst of the noise? Am I afraid of silence? Do I attempt to fill all my space and time with extra sounds that drown out any chance of listening within my self for you?
- I keep hearing/reading/stumbling across the word “wait.” In songs, Sunday’s messages, daily devotions. What am I waiting for right now in my life? Where is God in my waiting?

Praying with a spiritual partner about the everyday moments and happenings will center our time together on God’s activity in our lives. Thinking of prayer in these ways will

help keep us open and sensitive and aware of God's presence and power each day and each moment too and help us to continue asking, "Where is God in this?" Feeling God's hand and guidance, sensing God's absence, looking back and recognizing God's faithfulness even when we didn't see Him at the time are all ways of being on a journey with another, seeking to deepen our walk with Jesus.

Reflection: Your spiritual companionship partner may wish to begin their session with prayer. With the above lesson in mind, reflect on how you might ask for God's presence in your first meeting and those to come. Write an outline of how that opening prayer might be offered. Consider and record any reservations you may have about praying with someone on-on-one, so that we might discuss the situation.

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