

**SESSION 1****PRAYER – A SIMPLE GUIDE****LEADER'S NOTES*****Before the session***

1. Familiarise yourself with PRAYER – A SIMPLE GUIDE.
2. Plan how you will lead the opening and closing prayers.
3. Plan how you will lead your group at sections 6 and 7. Think of the process and timings.
4. Make copies of any Bible reading or reference material for the group.
5. Model generous hospitality

***Note on timings***

These are a rough guide only. No specific time has been given for refreshments.

***At the session*****1. Welcome and introductions.****5 minutes**

*Remember:* \*Confidentiality ground rules \*Introductions \*Programme and timings

**2. Opening prayer****(5) minutes**

You may wish to keep the opening prayer brief (less than five minutes) as there is a longer prayer exercise later in the session.

**3. Outline the aims of Gathering□Growing□Going****3 minutes**

(Please refer to the Leader's Resources for additional information).

In essence, this course offers us an opportunity to re-acquaint ourselves with the basic truths, values and practices of Christianity. Its purpose is that we can become sure of what we know and grow more confident in our ability to live and share our faith.

**4. A brief description of the week's topic.****2 minutes**

People pray. You don't have to be a church-goer – or even spiritually articulate - to pray but the more we pray, the deeper our relationship with God becomes. Because of this, Gathering□Growing□Going begins with the subject of prayer. PRAYER - A SIMPLE GUIDE offers a range of approaches to prayer, some resources, and suggestions on how to get started.

*\*As this is the first session, you may like to begin with a brief conversation about the role prayer plays in people's lives.*

**5. Contextual Bible Study: Jesus prays alone.****30 minutes**

For details see Leader's Resources, page 5.

**6. Hand out the leaflet, 'Prayer – A Simple Guide'****10 minutes**

Allow the group time to read the leaflet. Guide the group to discuss the content in either twos, small groups or plenary. Help them to share their own experience of prayer.

**7. Experiencing silent prayer****10 minutes**

Follow the Simple Guide's instructions for SILENT PRAYER. See Leader's Resources, page 9, for more information. Encourage discussion and sharing after the exercise (in twos).

**8. What Next?****5 minutes**

How might this leaflet be used as a resource for your church or Ministry Area.  
How will you achieve this?

**9. Closing Prayer****5 minutes**