

LENTEN SHARING GROUP

SESSION ONE: Prayer

Coffee and chat. Get to know each other.

Opening Prayer: *Lord Jesus, where two or three are gathered in your name you are present in their midst. Be with us as we gather to grow in closeness to you and each other. Give us open and trusting hearts. Help us surrender to your Holy Spirit and be transformed by his liberating power. We want to be your true disciples. Be with us as we grow. AMEN.*

Introduction: In our sharing group we will be considering the three traditional practices of Lent: prayer, fasting, and almsgiving. Today we will reflect on how we meet God in prayer. We all need quiet time alone with God every day. Through faithful prayer we come to a deeper sense of who we are and who God is.

Scripture. Mark 6

The apostles gathered together with Jesus; and they reported to Him all that they had done and taught. And He said to them, "Come away by yourselves to a secluded place and rest a while." For there were many people coming and going, and they did not even have time to eat. (Read this passage a second time with a different reader.)

Sharing:

1. In your busy life can you find time for quiet prayer? When/where do you pray?
2. How do you pray?

Often our practice of prayer is too spontaneous, that is, we pray when and where we want to. A more disciplined approach to prayer is strongly encouraged by Catholic spiritual writers. The first practical step is setting a fixed time for your daily prayer.

Scripture. Luke 11

Jesus was praying in a certain place, and after he had finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples." He said to them, "When you pray, say: Father, hallowed be your name. Your kingdom come. Give us each day our daily bread. And forgive us our sins, for we ourselves forgive everyone indebted to us. And do not bring us to the time of trial." (Read this passage a second time with a different reader.)

Sharing:

1. How does prayer help you in your life? What benefit do you get from praying?
2. How could you improve your prayer life?

Spontaneous Intercessions

"We pray to the Lord." "Lord hear our prayer"

Our Father

Closing Prayer: *"How good and how pleasant it is when Christians dwell in unity." Heavenly Father, we thank you for our time together, for our sharing and the challenges you have set into our hearts. Give us patience and perseverance in our spiritual journey and refashion us in the image of Jesus your son. We ask this through that same Christ our Lord. AMEN.*