

A Few Suggestions for the Prayer Workshop Facilitator:

1-The Workshop can begin with the Elijah prayer, the Be Still and Know that I am God prayer or with another prayer of your choice followed by the reading of a personal prayer testimony;

2-Initially the facilitator needs to completely guide the prayer workshop as the participants need time to assimilate this way of prayer;

3-To familiarize yourself with the how to guide a prayer workshop, please listen to an audio of a prayer workshop;

4-Please find prayer workshop scripts to facilitate the workshop. The scripts are identical in blocks 1 & 3; blocks 2 & 4 contain different extracts taken from the Way of Perfection. Script 1 uses a Scripture passage. The participant is invited to place him/herself in the scene as an actor or to remain an observer of it;

5-As the class proceeds and the participants become more comfortable with silence, it isn't necessary that the facilitator read everything on the guide. Practice will allow the facilitator to adjust the scripts to the participant needs;

6-Close the workshop with the oldest prayer known to the Blessed Mother, the Sub Tuum Praesidium;

7-Participants are invited to carry the silence out into the world;

8-The workshop concludes in silence;

9-Participants are invited to discuss their personal prayer experience the following week during the group discussion.