1) Who has offered prayer?
2) Levels of comfort?
3) What is prayer? What do we mean when we talk about prayer?
4) What are we doing when we are praying with someone?
5) Types of prayer
6) My own experience - deep listening, acknowledging, upholding the visit.
7) How to pray?
8) Dyads (15-20 mins)
9) Group harvest

**What is Prayer?**
- Connection (to divine and to others)
- Meditation
- Silence
- Intention setting
- Transmutation of energy
- Act of generosity (blessing)
- Ritual
- Opening, vulnerability
- Renunciation, faith
- Bringing whole self forward
- Concentration and focus of spiritual energy
- Empathy and compassion

**In praying with someone, we are:**
- Accompanying
- Serving
- Witnessing
- Listening deeply
- Helping to access deepest intentions (What is on your heart?)

**Types of Prayer**
- Healing
- Guiding
- Sustaining
- Reconciling
- Blessing
- Chanting
- Read/recited
- Silent
- Poetic
- Extemporaneous

**Entering into the space of Prayer**
1) Discerning appropriateness/Asking permission/Providing Opt Out option
2) How do you pray?
3) Would you like to lead or shall I?
4) Physical position

**Extemporaneous Prayer**
- Who is gathered
- Who/what praying to or with
- Why are we praying/what are we praying for?
  - Statement of belief
  - Request/petition
  - Commit to do our part
  - Surrender/turn towards higher power
  - Gratitude
- Ending/Closing

**Dyads**
Dyads (15-20 mins) Take turns to pray for one another - practice gentle enquiry around what to pray for, what is on your heart? Use the structure as a guide.

**Notes**
- We do not need to KNOW/STUDY anything to pray with someone
- With a few exceptions, there is no way to really go wrong