

# ▲ **SESSION 5 HANDOUT:**

## Formation Group Liturgy

### **CENTERING**

Begin with a time of centering - signifying that your time together is both sacred and special, and marking your entrance into that time together.

- Read Psalm 139:1-18,23-24
- 2 minutes of silence
- Each person pray for ~1 minute for the discussion

### **OPENING**

Each person take a turn living in the open with the group.

- Share what is on your heart - what you are carrying, how you are feeling, what God is doing, what is causing you worry or anxiety or unrest
- Hold that together in a minute of silence together, physically holding your hands out
- Each person pray for that group member
- Opportunity to invite input and solicit feedback if the member so chooses
- Move on to the next member

This is not intended to be a time of advice, counsel, or critique. We are not trying to fix the problem ourselves, but instead simply sharing with each other and releasing this to God and inviting the Spirit to stir in our hearts as we share.

### **REFLECTING**

- Each person share how the past month has gone - including (but not limited to) how the reading, reflecting, and practicing has gone with The Way.

### **ANTICIPATING**

- Each person share one thing coming up in the next month that the group can be praying over.

## **CLOSING**

Close in prayer using these four prayers from the Book of Common Prayer from the Episcopal Church

### **A Payer for Guidance**

*Person 1 opens with the following prayer:*

Direct us, O Lord, in all our doings with your most gracious favor, and further us with your continual help; that in all our works begun, continued, and ended in you, we may glorify your holy Name, and finally, by your mercy, obtain everlasting life; through Jesus Christ our Lord. Amen.

### **A Payer for Quiet Confidence**

*Person 2 continues with the following prayer:*

O God of peace, who has taught us that in returning and rest we shall be saved, in quietness and in confidence shall be our strength: By the might of your Spirit lift us, we pray, to your presence, where we may be still and know that you are God; through Jesus Christ our Lord. Amen.

### **A Payer for Self-Dedication**

*Person 3 continues with the following prayer:*

Almighty and eternal God, draw our hearts to you, guide our minds, fill our imaginations, control our wills, that we may be wholly yours, utterly dedicated unto you; and then use us, we pray, as you will, and always to your glory and the welfare of your people; through our Lord and Savior Jesus Christ. Amen.

### **A Payer Attributed to St Francis**

*Person 4 continues with the following prayer (or all three read together as a group):*

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.