

## Models for Zoom Prayer Calls Focused on Abiding

Freely adapt these ideas as is helpful to your community!

### Contemplative Group Sharing – 1 Hour

4 Movements of Community Sharing and Silence

Opening prayer

Silence (10 minutes)

Sharing/Listening (40 minutes)

- Goes for 4 rounds x 10 minutes per round.
- For each round, a person has up to 7 minutes to share anything they want from the 40 days reflections. Insights, struggles, questions, joys, words, pains – whatever they like.
- Then everyone sits in silence for the 3+ minutes that remain for the round. *No one makes comments or asks questions.* The next person goes when the time is up.
- If groups are larger than 4 or 5, use breakout rooms to create smaller groups.
- Adjust the exact spacing of time to accommodate the group number and the call time.

Silence (5 minutes)

- If breakout groups were used, bring everyone back together at the start of this time

Short Praises (5 minutes)

- Participants may offer short expressions of praise and gratitude. Any time someone is not speaking, remain in silence.

Closing Prayer

### Contemplative Worship – 1 Hour

3 Movements of Worshipful Meditation, Silence and Praise

Opening Prayer

Silence (5 minutes)

Worship Song (5 minutes)

- Host uses a Youtube song or some other audio on their device. They share the screen and enable audio sharing, then play the song.
- Alternately, you may send a Youtube link to each participant and have everyone mute. Count down to a shared start time and each person plays the clip on their own device.

Silence (5 minutes)

Short Praises (5 minutes)

- Participants may offer short expressions of praise and gratitude. Any time someone is not speaking, remain in silence.

Photo or Art (5 minutes)

- Host shares screen and displays a meaningful image. This could be art, photos, icons, etc. Invite participants to consider God's presence and love in whatever they look at. Group is silent while they look at the image.

Silence (5 minutes)

Short Praises (5 minutes)

- Participants may offer short expressions of praise and gratitude. Any time someone is not speaking, remain in silence.

Scripture Meditation (5 minutes)

- Host selects a short scripture expressing some aspect of God's character. This could be narrative, character description, a name of God, etc. Post the scripture to the chat box and invite participants to actively meditate on the passage. Explore the significance of the truth, what it means personally, how it impacts life situations, etc. It may be helpful to also post some meditative ideas/questions into the chat.

Silence (5 minutes)

Short Praises (5 minutes)

- Participants may offer short expressions of praise and gratitude. Any time someone is not speaking, remain in silence.

Silence (5 minutes)

Closing Praises and Prayer (5 minutes)

## Lectio Divina – 1 Hour

A time of Reading, Meditation, Prayer and Contemplation

Opening Prayer

Silence (5 minutes)

Read Scripture: *Lectio* (2 minutes)

- Have a pre-selected scripture for the hour. The selection should be relatively brief.
- Share the reference and post the passage into the chat box.
- Have a participant read the passage to the group.

Silence (5 minutes)

- Prayerfully notice a certain phrase or word or concept that grabs your attention.
- Hold that phrase before you and sit silently before the Lord.

Sharing (3 minutes)

- Each participant speaks out the word or phrase they are noticing. No explanations or insights are shared, only mention of what is being considered.

Read Scripture (2 minutes)

- Have a new participant read the passage to the group.

Meditation: *Meditatio* (8 minutes)

- Ruminates on the selected idea, bringing heart, will, mind and emotions to the reflection.
- Take particular notice of where you are seeing or hearing Christ in the text.

Sharing (5 minutes)

- Each participant briefly shares how the passage is impacting them and how they see God connecting with them.
- If groups are larger than 4 or 5, use breakout rooms to create smaller groups.

Read Scripture (2 minutes)

- Have a new participant read the passage to the group.

Silence (5 minutes)

- Sit quietly with the Lord and consider the reflections of others. Consider how God is speaking to the entire group.

Prayer Response: *Oratio* (8 minutes)

- Participants now pray aloud and respond to God. This time is to pray directly into the things God is illuminating through the passage.
- Think of this time as a conversational response to God and what he is highlighting from the passage. This is not primarily an intellectual or intercessory posture.

Contemplation: *Contemplo* (10 minutes)

- Sit restfully in the presence of God, gazing and adoring him. There is nothing to do here, simply to be still and be aware of God's presence

Closing Thanksgiving (5 minutes)

- Participants may offer brief prayers of gratitude

### **Lectio Divina (Alternate Format) – 1 Hour**

3 movements of Reading, Meditation, Prayer and Contemplation

Silence (4 minutes)

*Repeat the following activities 3 times:*

Read Scripture: *Lectio* (2 minutes)

- Have a pre-selected scripture for the hour. The selection should be relatively brief.
- Share the reference and post the passage into the chat box.
- Have a participant read the passage to the group. Choose different readers for each reading.

Meditation: *Meditatio* (5 minutes)

- Ruminant on the selected idea, bringing heart, will, mind and emotions to the reflection.
- Take particular notice of where you are seeing or hearing Christ in the text.

Prayer Response: *Oratio* (5 minutes)

- Participants now pray aloud and respond to God. This time is to pray directly into the things God is illuminating through the passage.
- Think of this time as a conversational response to God and what he is highlighting from the passage. This is not primarily an intellectual or intercessory posture.

Contemplation: *Contemplo* (5 minutes)

- Sit restfully in the presence of God, gazing and adoring him. There is nothing to do here, simply to be still and be aware of God's presence

*At the completion of the 3 movements:*

Closing Thanksgiving (5 minutes)

- Participants may offer brief prayers of gratitude