

SYMBOLIC PRAYER TECHNIQUE

For Group Prayer

Note:

This Group Prayer Technique is based on fantasy and symbolism.
You may use any object of nature like flowers, fruits, stones, seeds, etc..
For our prayer exercise we have chosen stones.

Topic :

The Rock.

Aim :

I must know the kind of person I am and the person I want to be.

Requirements: :

Small rocks, stones of different types, colors, shapes and textures (at least 2 for each person)

Setting:

- ✓ Keep the rocks and stones on the ground at the entrance of the chapel or prayer room.
- ✓ Tell the participants that as they enter the chapel, to choose one stone – the one that attracts them most - and sit inside the prayer room in a circle

Introductory Session:

1. Quiet down. Place yourself in the presence of God. (*Soft music is played*).
2. Hold the rock of your choice in your hand...
3. Feel it with your hands, with your fingers... against your cheek... imagine a taste... a smell... a sound for it.
4. Does this stone tell you or remind you anything about: (*Give time for personal reflection*)
 - Who you are....?
 - Are you happy being what you are?
 - How should you be...?
 - How could people use you...?
 - How can you be of service to others..?
5. It the rock you hold in your hands, would be you? What prayer would he make to God? Write down that prayer

Group Sharing

- ✓ Share with the group what you have written.
- ✓ Tell your companions what were your feeling while you were holding the stone in your hands. .

Group Prayer.

- Group Self-Offering
- Each person kneeling and holding his rock in his hands and with eyes uplifted, will offer himself to God: Moderator: say after me: “*Lord, these rocks we hold in our hands, symbolize each one of us, both as we are today and as we would one like to be in future. Help us, Lord, to grow into the persons you want us to be.*”
- Individual personal and spontaneous prayers will follow.
- Sing an appropriate closing hymn: