

Sharing & Prayer

Sit in a circle of friends

1. Take any object which is fairly small. Try to respect and listen to the person holding the object.
2. One by one, go round the circle sharing about your week: what's going on, how you're feeling, what you need prayer for.
3. Once everyone has spoken, spend time in silent prayer for all the issues that have been spoken about. Prayers can be said out loud when people feel moved to share them with the group.
4. End with the Grace, or another closing prayer.