ALPHA PRAYER PROMPTS

Silence makes space for people to be found by Jesus through different forms of prayer. Often in moments of prayer like this people can say 'yes' to Jesus and choose to follow him. Leading people in prayers like this can feel scary. Take a deep breath, remember that you are loved by God, and then step out in faith and follow the script.

1. Watch the film of the week like normal
2. Lead the group through the prayer below (or you can shuffle the prayers around and do the one next week, or vice versa).
3. Allow people to share what they experienced (or didn't experience) in their groups.

Script 5: The Examen

This is a form of prayer developed by St. Ignatius of Loyola

1. Prepare your heart and mind. Center yourself by taking a few deep breaths. Would you like to welcome the Holy Spirit? Do that if you would like and enjoy this moment of silence.
2. Review the day Think back through the events of your day, note the moments of joy or moments when you felt very content or peaceful. Think about the people you interacted with and what you shared with each other. Don't forget the little things throughout your day that felt like gifts. Thank God for these experiences.
3. Pay attention to your emotions. Notice the points in your day where you felt strongly. What is God telling you through your feelings? Feelings of frustration? Feelings of worry? Another feeling? Note that main feeling.
4. Select a part of your day to pray over. What one part of your day stands out most to you? It can be positive or negative. Pray a little prayer … maybe your prayer starts with 'thank you', or 'help' or 'sorry' … whatever the case may be.
5. Pray for tomorrow. Turn your anxieties about tomorrow over to God and pray for hope.