

Exploring Prayer Together in Groups

This sheet is for those who want to use the **Prayer - Everyone, Everywhere!** materials with a group. We are sure that you'll have plenty of ideas, so we offer the information and suggestions below simply as a starter.

Before Sunday 10 January:

Help your group commit to watching the daily videos together, either online or together, if restrictions allow. Perhaps use this prayer:

God of everywhere, I commit to this week of prayer and exploration. Strengthen me when I am tired, confused or simply distracted and help me to grow closer to you. In Jesus' name. Amen

Help your group support each other during the week. You could use a WhatsApp group, phone calls, Zoom or whatever works to share experiences and encourage each other.

Sunday 10 January	Recorded service from the Cathedral on theme of prayer					
Monday 11 January	Prayer and People	Each weekday there will be three resources available on the website and social media (and sent to those who signed up).				
Tuesday 12 January	Prayer and Nature	<ul style="list-style-type: none"> • Two videos: <ul style="list-style-type: none"> ▶ Short taster - some personal experiences of prayer. ▶ Video of the day - prayer examples from people around the diocese, to inspire and encourage. • A page of suggestions relating to the theme. 				
Wednesday 13 January	Prayer and the Digital World	Some people like to journal, write, draw or video, so you could ask people to find a way of recording what they have tried each day and how it felt – which could be positive or negative! For daily discussion: e.g. what inspired you, what didn't, what have you tried today, did it help you to connect to God etc.?				
Thursday 14 January	Prayer and the Arts					
Friday 15 January	Prayer and the Bible					
Saturday 16 January	<p>A choice of online gathering, hosted by each Archdeacon to bring people together to celebrate,</p> <table style="width: 100%; text-align: center;"> <tbody> <tr> <td>10 - 11am Archdeacon of Bath</td> <td>11.30am - 12.30pm Archdeacon of Wells</td> <td>2 - 3pm Archdeacon of Taunton</td> </tr> </tbody> </table> <p>Sign up to a gathering as part of your group's week together.</p>			10 - 11am Archdeacon of Bath	11.30am - 12.30pm Archdeacon of Wells	2 - 3pm Archdeacon of Taunton
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When you have finished the week together, you might like to consider how you continue to support each other in your prayer life. Perhaps you might explore different ways of praying and agree a future session when you can share what you have discovered: e.g.

- Have you found any ways of praying that are new to you?
- What impact has praying in new ways had on your relationship with God and with the world around you?
- What have you noticed about God and about yourself recently?

Please share any of your ideas or questions with Julia Hill, julia.hill@bathwells.anglican.org or **01749 685114**.

Prayer - Everyone, Everywhere!

#LetsPray



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