

Activity Resources For Small Group Ministry

The Association of Unity Churches International writes small group ministry exploration books using *A Living Curriculum* approach. This process seeks to draw out of the participants the insight and wisdom that they already have rather than telling them what to think and believe. This is an interactive process among the participants and experiential activities are included to help each person connect with the discussion at a heartfelt level as well as at an intellectual level.

The material below briefly describes an effective meeting format. This resource contains Opening Prayers and Community-building Activities for "The Gathering," Creative Experience Activities for "Discovery and Exploration," and procedures for Prayer Requests for the "Sharing, Caring and Closing" segment of a weekly session. You are encouraged to use these suggestions to easily create your small group study personalizing it in the beginning and closing portions and adding any questions to the discussion that you feel are relevant to your group. Consider and adapt these activities to fit within the content area being used for discussion or add your own. Of course, this is not the only effective meeting structure for small group ministry. So use whatever resources assist your program and credit those used verbatim as "Reprinted with permission of Association of Unity Churches International."

Recommended Meeting Structure

Each meeting: Plan to have the same order for each meeting. The most effective structure includes three distinct parts: the Gathering, the Discovery and Exploration, and the Sharing, Caring and Closing section.

The Gathering (Choose from samples or create your own.)

- An **opening prayer and check-in** reminds the group of their connection with God, and engages each individual in the present moment in relationship with each other.
- Community building is accomplished by a **light or playful activity** designed to help participants get to know each other better. Including one early helps everyone become comfortable with the group before they go deep into the exploration.

Discovery and Exploration

- A **group reading or exploration** gives the group a common experience as a basis for discussion.
- **Discussion questions** are open-ended and allow each person's unique wisdom and life experience to be explored.

- Then a **creative experience** helps everyone to deepen their exploration and connect with the concepts in a tangible way. (Choose from samples or create your own.)

Sharing, Caring and Closing (Choose from samples or create your own.)

- Taking time for **Prayer requests** and the **closing prayer** give the small group community the opportunity to support each other in a meaningful way, deepening their sense of connection with God and each other.
- Suggestions may be offered for individuals to pursue during the coming week.

Opening Prayers

Option A

"Let us settle into our seats and open our awareness to God. We get comfortable in our chairs, close our eyes and take a few deep breaths. *Pause*. We know there is

only one presence and one power in the universe and in our lives, God the good. This power is active in our lives now, as we are one with the prospering, healing, loving power of Spirit. *Pause*. I now invite you to think of an event in your life where you gave with great love and joy. Recreate in your mind the energy and feelings surrounding this event. Take this energy into the Silence for a minute and experience its wonder. *Pause*. When you are ready, return your attention here and open your eyes.

Living An Abundant Life, Session 6

Option B

"I invite you to close your eyes if you are comfortable doing that. Breathe deeply and slowly. Feel the tension leaving your body. *Pause*. Allow your thoughts to pass through your mind without giving them your attention. Just let them go. Trust that God will remind you of anything that is important after this time of community. Rest in the presence and the peace of God. *Pause*. I will say our affirmation once and then ask you to say it with me. 'I am guided and motivated by God. Thank you, God.' Together: 'I am guided and motivated by God. Thank you, God.' We now bring our attention back to this room and to our group. When you are ready, open your eyes."

Proving the Power of Principle, Session 7

Option C

"I invite you to get comfortable in your chair and close your eyes. Now take a few deep breaths. We are now in the presence of pure being, surrounded by God's unlimited substance. *Pause*. We are open and receptive to the inflow of Divine Ideas. We see the supply of all good things expanding for all members of this gathering, for our church community, and for all humanity. It is God's good pleasure to give us the kingdom. We now make a conscious choice to create

with Spirit an abundant life. Let us take these ideas into the silence. *Pause.*
Amen."

Living An Abundant Life, Session 2

Option D

"I invite you now to take a deep breath and relax. Turn your thoughts away from concerns and focus on God. Relax into the presence of God and into the knowing that within you is the power to work wonders. Silently affirm for yourself: within me is the power to work wonders. Within me is the power to work wonders. *Pause.* Any time that fear and doubt come into our minds, we can refocus our attention on God and the wonder-working power of God that is within us. We again affirm silently: within me is the power to work wonders. We take those words of Truth into the silence, feeling the reassurance and confidence they evoke. *Longer pause.* As we return our focus to this circle, let us state our affirmation aloud. I will say it once, then ask you to affirm it with me. Within me is the power to work wonders. Together: Within me is the power to work wonders. And so it is. Amen."

Cultivating God Mind Through Parables, Lesson 5

Option E

Materials: candle

Light the candle in the center of the circle.

"As you gaze at the candle's flame, I invite you to remember that the light of God is always present within you. As you close your eyes to enter into this time of prayer, I invite you to gaze at the flame of Spirit that burns eternally within you, illuminating your highest Self, the *True Self* that yearns to be expressed. This is the light of wisdom, the light of love and peace, the light of joy and enthusiasm, the light of the Christ in you—your hope of glory. Let us take a few moments to silently gaze at the Christ light within us, to feel its warmth and its glow." *(Allow a minute in the Silence.)*

"Loving Spirit, we thank you for being the source of our life and illumination. We are now open to that illumination as we move through this time together—today and in the weeks to come—as we meet ourselves and each other in the Bible. We thank you for the many blessings coming our way. And it is so. Amen."

Meeting Myself in the Bible, Lesson 1

Check-In Suggestion

Invite participants to share with the group their name and to use no more than three words (or 2 sentences) to describe what their week was like.

After everyone has had the opportunity to share in this manner, invite anyone who wishes to, to *briefly* share any insights or observations they experienced as a result of their week's assignment.

Community-building Activities for Relationship Building

Generally, these are short, non-threatening activities that involve a brief sharing from everyone in the group. They serve as ice-breakers and help participants get to know each other better over the course of the series.

Community Building Option A: Unconditional Love

Invite participants to close their eyes for a few moments to recall a time during their childhood when they experienced unconditional love either as giver or receiver. It may include animals, siblings, parents, other relatives, friends, or teachers. Invite them to share how that felt to them and how their lives were enriched.

Knowing the Truth About Healing, Session 5

Community Building Option B: Childhood Excitement

"When we were children we could really get excited about something. We have a natural enthusiasm about life when at an early age, don't we?" Invite participants to find a partner and to share with each other a childhood favorite that they had plenty of enthusiasm about. It may be about something they did frequently or a one time event. Tell partners they have 2-3 minutes each to share their experience. You may want to watch the time and indicate to the group when each time period is up.

Knowing the Truth About Healing, Session 4, adapted

Community Building Option C: "What If" Game

"Our opening activity is really fun this evening. We are going to take a few moments to share our ideas about what we think the perfect life would look like by completing the following sentences. We will go around the circle one statement at a time, and each person is invited to complete it with his/her own ideas.

If I could be a child again, I would _____.

I think the world would be a better place if there was/were more _____, (Use specific answers such as 'chocolate' or 'bubble baths.' Avoid abstract answers such as 'love' or 'peace'.)

When I'm 95, I'll still want to _____."

Proving the Power of Principle, Session 4

Community Building Option D: Feelings Creation

Materials: Play-Doh

Pass out a small ball of Play-Doh to each participant. Invite them to think about how they are feeling in the present moment and then shape the Play-Doh in a way that expresses that feeling. They may want to create something with a

specific shape that is symbolic, or just mold the Play-Doh in an abstract way that represents their present feeling. (Allow 1 minute for this.) Go around the circle and invite each participant to show their Play-Doh and then say a few words that describe how they feel NOW after doing the activity. (They might still feel the same way...or different!)

Trusting the Process of Change, Session 4

Community Building Option E: Giving and Receiving

*Materials: Small assorted individually-wrapped candies, 1-2 baskets
Place the candies in baskets on a table. Invite participants to select 1-5 candies for themselves, then to return to their seats.*

"Today's session explores giving and trust. Can you trust the flow of the universe? Now that you have selected the candies you want, I offer you the opportunity to keep all of them for yourself or to pass some along to others. Let's all stand up and mingle in our circle. We will have one minute to do this, until I say stop." Stop after one minute. Invite participants to be seated.

- How did you feel about giving away candy that you chose?
- How did you feel about giving away the candy that you received?

Living An Abundant Life, Session 6

Community Building Option F: Who Am I?

*Materials: Easel and pad, poster board, or 1 index card per person
Prepare ahead: Write 3 questions on easel, poster board, or on index card for each participant:*

I used to be a person who...

I am a person who...

I want to be a person who...

"Now it is time to get to know who is in this circle with us. Even if we know each other, there is always something new to learn. To do this give your name and then give us insight into your self using these three statements.

"The three phrases are: I used to be a person who..., I am a person who..., and I want to be a person who. Each of you has one minute to complete these statements and give us a glimpse of you and your continuing growth and involvement. Feel free to share a playful side of yourself.

"For example: When around water, I used to be a person who never left the shore. I am a person who likes to kayak on a small lake. I want to be a person who takes a vacation cruise." *Begin with yourself, modeling the instructions you have just given.*

Cultivating God Mind Through Parables, Lesson 1

Community Building Option G: Truth or Lie Activity

Materials: Index cards and pens, 1 per person

"Our opening activity will engage and challenge each of us in a fun way. Please take an index card as we pass them around our circle. Take a few moments to

think of two truths and one lie about you and write them on the card. When everyone is finished, we'll try to guess each other's untrue statement.

"Now find a partner with whom to share your statements. One partner reads his or her statements and the other person asks questions to help determine which statements are the truth and which is the lie. If your partner determines which of your statements is the lie, don't reveal it. Then switch and follow the same instructions. You will have 3 minutes per partner, a total of 6 minutes for this discussion.

"Let's gather in our circle again. As we go around the circle, each person will read their three statements aloud, followed by their partner choosing which statement is the lie. The correct answer as to which statement is the lie is then revealed.

Ask:

- How did it feel to act as if your lie was true?
- How were your feelings different when you were stating the truth vs. a lie?
- What surprises did you experience as to whether someone's statement was true or was a lie?
- What did you observe in your partner that helped you decide what was the truth or a lie?

Cultivating God Mind Through Parables, Lesson 1

Community Building Option H: What Objects Show Us

Materials: Select assortment of item such as paint brushes, pencils, writing paper, small musical instruments like harmonica, eraser, tape measure, screw driver, shell, cup, measuring spoons, knife, glue, stapler, rock, flower, mirror, small book, paint tube or bottle, flashlight, calculator, etc.

"An assortment of objects has been placed in this box. Let's pass the box around our circle so that each of you can pick an object that relates to creativity. Now that everyone is holding an object, let's go around the circle and take turns, with the object in your hand, tell why you chose it and how you see it relating to creativity." (Encourage participants to take no more than a minute of sharing time.)

Another Version: Each person completes this sentence: "God is like this object because..., I am like this object because..."

Creative Living, Lesson 1

Creative Exploration Experiences

Creative Experiences relate directly to the discussion and generally follow it in the lesson. Select or create one which helps the participants to have a

heartfelt connection with the discussion. The first example below was used after a discussion about commitment to a personal vision.

Option 1: New Beginning Mandala

Materials: White paper, markers or crayons

"Last week, we journaled about our soul's desire and what we envisioned for our lives. Today we are going to create mandalas representing our vision and commitment to that vision. A mandala is an image or group of images designed in a circle and is often considered sacred.

At the center of your drawing paper, I invite you to draw a picture of your New Beginning. Perhaps you will want to draw a scene that depicts your soul's desire manifested or something you will be doing or being. Or perhaps you will want to draw a symbol that represents the new change in your and/or your life. This is not about creating great art but about creating images that will help you remember your Promised Land.

Around this picture of your desire, I invite you to write a statement of your own commitment as to what you are willing to do or be in order to manifest your new Beginning. To help you get started, you may want to use the phrase: "I am willing..."

Around your statement of willingness, then write what you know God will do to help you in fulfilling your heart's desire. You may want to begin this statement with: God will...

After creating, re-gather the group and invite participants to share their mandalas. Be sure to remind them to "listen with their hearts" because they are sharing something sacred with each other.

Trusting the Process of Change, Session 7

Option 2: Forgiveness Meditation and Drawing

Materials: Drawing or copy paper, colored markers and/or crayons

Invite participants to prepare for a guided meditation. This one offers a means of bringing healing to a relationship or situation that has been difficult to forgive.

Meditation

"Let's become still and relaxed as we turn quietly within to our Source of being, God, the Good Omnipotent. Let this guided meditation become personal for you as you open your heart and mind to the activity of God within you.

Father/Mother God, I come to You now to bask in the light of Your great healing love. That light permeates my being, illuminating all areas of my consciousness. Any feelings of unforgiveness are dissolved *now* in the all-consuming light of Your presence.

I surrender completely, Father, to Your will of good for me. I rejoice in the awareness that the pure light of Christ cleanses and purifies me through and

through. In this holy place of serenity and love I behold the one who has been my so-called enemy. I let the activity of God now guide me through the steps that will restore this relationship to wholeness. I begin to cross the bridge toward this person and he or she begins to cross the bridge toward me....*Pause....* I feel the love of God embracing us both dissolving any feelings of hurt or fear....*Pause....* As we embrace each other, we are enveloped in the pure light of God. Our hearts are filled with joy, with peace that passes understanding.... *Pause....* And now, we offer each other a gift. Each gift represents the healing that has taken place between us. I invite you to take a few moments to appreciate these gifts....*Pause....* Together we praise and give thanks to God.

Thank You, sweet Spirit, for Your light and Your love that bless us and lead us in paths of righteousness. Amen."

Forgiveness Drawing

Continue closing the meditation using the following words or your own.

"Slowly and gently allow yourselves to return to this room, knowing that what you have just experienced during the meditation is true for you. Remain for a moment in the glow of your experience of healing. When you feel ready, take a sheet of paper and markers or crayons and draw a simple picture of the experience you just had during our guided meditation. You may want to draw a scene where this happened or perhaps you would like to draw one or both of the gifts. You are also welcome to express any of the feelings you may have experienced during the meditation in any way. This is not about creating great art, but about expressing something that is happening within you. Just let it flow! You are also welcome to journal, if that feels more comfortable for you. *Let the group know whether or not they will be sharing their drawing. Sharing only with a partner is much less intimidating and not as personally revealing.*

Knowing the Truth About Healing, Lesson 4

Option 3: Treasure Mapping Activity

Materials: Colored paper; scissors; magazines, catalogs, and brochures; glue sticks, poster board, 1 per person

"Today we are going to begin treasure mapping, which is one method of visualization. Sometimes people see it as a 'picture prayer.' A treasure map pictures what we want, just as a map gets us to a destination. The map can be for healing, supply, a job, relationships, etc.

"Physically, it is a piece of paper on which we have placed pictures of what we want with our statements of faith and thanksgiving. Usually, the map is placed in a location where it can be seen often to remind us of our vision. For example, it might be placed on the refrigerator or on a mirror.

"For this treasure map, think about what you would like to bring into existence in your life. You may not know just how you want this to look now,

but trust Spirit to guide you in creating your treasure map. We did a visualization a bit earlier. Maybe you were given a hint from Spirit then. Whatever you begin today can be continued at home.

“Who would like to read some suggestions regarding treasure mapping to the group? These are only suggestions, not rules. There are many different ways to create a treasure map. The only rule is to follow your heart.”

Treasure Mapping Suggestions

Some ideas are adapted from The Energy of Money by Maria Nemeth, Ph.D., Ballantine Wellspring, New York, 1999, pp. 101-102.

- Use images from your magazines, catalogs and advertisements that visualize your goal. Do not draw on your map. Fill your map with color and images.
- See yourself *now* in your visualization, not in the future. Place a picture of yourself on the map. This places you within your goal and conditions your subconscious to see you accomplishing this goal.
- Decide on a phrase that describes your goal. Cut out words and phrases that describe your goal from magazines. Do not write on the map or use words printed from a computer. Use present tense, not future. Be totally positive.
- Select words that describe how you will feel when you attain your goal. They should be heart-centered words like grateful and happy, rather than motivational words like successful or winner.
- If strong feelings come up that discourage you from your goal, journal about them. Have these emotions stopped you in the past? What are they telling you? Your desire is from your heart. Refocus, picture and claim your good.
- Always affirm “this or something better.”
- Follow your heart. Remember that these are only suggestions.

“Feel free to spread out using tables or the floor and begin creating your treasure maps. Scan the magazines and cut out those items that resonate with you for your treasure map. You may want to recreate the visualization from our opening earlier, or create an entirely new item to demonstrate.

“Love what you are visualizing. Love energy will unite your conscious, subconscious, and Christ consciousness. Have fun, use your imagination and expect your desires to be manifested. You will have __ minutes and then we will share our maps.”

(Create groups of 3 or 4 to share.) “In your groups, take turns and share your map. As you look at each other’s map, I invite you to affirm the manifestation of each person’s desire.”

Living An Abundant Life, Session 5

Option 4: A Faith (Trust) Experience

Rocking in a Hammock (From *A Time of the Family, Volume One*, p. 45)

- Form a circle standing shoulder to shoulder and facing the center with palms held out at chest height. Everyone should place one foot slightly behind the other for stability.
- A volunteer moves to the center of the “hammock,” keeping their feet together with arms crossed in front of chest. Volunteer closes their eyes while keeping their body straight and their ankles relaxed.
- Invite the group to transform into a warm evening breeze (not a howling hurricane!) by supporting the person in the hammock with gentle pushes of the palms, providing breeze-like sound effects. Say, “Picture a gently swaying hammock on a beach. Imagine the waves lapping on the sand, the stars peeping through the palm fronds gently moving in the sweet, night air.”
- As the center person begins to sway to one side, the persons closest to that side support them.
- Gently pass the center person around the circle, always with at least two people supporting.
- After 30 seconds or more, let another get into the hammock, allowing each a turn.

(If there are group members who are uncomfortable with the activity, invite them to become observers who will be the first to respond to the first discussion question.)

Discuss:

- What happened in this experience? (Invite the observers to respond first.)
- How did it feel to be in the hammock?
- How did it feel to be supporting the one in the center?
- From this experience, what do we know about faith?
- How would you have felt if we had done this exercise the first time we met together as a group?

Option 5: “Journal Your Goals” Activity

Materials: Paper and pens, 1 per person

I invite you to sit comfortably and close your eyes. Picture yourself walking on a path in the woods....*Pause*....You come to a clearing where there is a small cottage. On the porch are pots of flowers. The cottage looks inviting and you enter....*Pause*....Inside is a room with a table in the center and a comfy chair. On the table is a large book labeled ‘Your Life.’ You sit in the chair and flip through the book. Every thought, action and intention you have ever had is recorded here.

“You notice that there are many blank pages at the back. The last entry was made yesterday. The page for today simply has the date at the top. You see a pen lying next to the book. You realize that you have the opportunity to decide what will go in the rest of the pages. Take a few minutes now to ask God to

reveal to you what is yours yet to do, what your goal is....*Pause for a few minutes.*

"Now I ask you to return your attention to this place. Using your paper write:

- What your goal is.
- An affirmation to help you focus on your goal.
- The time frame that you want to reach your goal.
- Some of the steps you need to take to reach your goal.
- What the first step is and when you are going to take it.

When you finish, share your goal notes with your partner.

Proving the Power of Principle, Lesson 6

Sharing Prayer Requests and Closing

For many people, this time can be the most beneficial part of the small group. Thus it is beneficial to allow adequate time to help group members understand that this is a time to request prayer rather than a time to advise others on solutions. The prayer options below gently guide the group members in ways to state prayer requests and ways for the group to respond affirmatively to the requests.

Option 1: Prayer Requests (8-10 minutes)

"This is the time in our circle when we share our prayer requests with one another and we support each other with affirmative prayer. In Unity, we often talk about taking prayer requests, which seems to assume that we are asking God for something that we don't already have.

"Although these requests often come from a place in us that is experiencing the appearance of lack, our prayers in Unity are designed to deny the power of this appearance and to affirm our truth in God—the truth that what we are asking for is indeed, already ours. The truth of our good is activated in our lives as we affirm and believe it.

"Today, I invite us to think about a quality of being that we would like to experience in a deeper way, a quality such as being peaceful, understanding, loving, humorous, patient, healthy, or joyful. Rather than *asking* for that quality, however, we will draw it forth by stating it as an affirmation. We will begin the affirmation with the powerful words, 'I am.' For instance: 'I am peaceful.'

"We will go around the circle and each person will have the opportunity to 'pray' their affirmation. Then, in support of that person, we will 'pray' it back to them by saying: 'We see you peaceful.'"

After affirmations are shared, conclude: "As we go forth into this week, let us hold the high watch for each other, keeping in mind and heart the affirmations we have spoken. As we have spoken them for one of us, we have spoken them for all of us. I would like to conclude our prayer time together with the very

first affirmation that the Society for Silent Help held together as a group when they began in 1890. Let us breathe in these words:

God is all goodness and everywhere present. He is the loving Father, and I am His child and have all His attributes of life, love, truth, and intelli-gence. In Him is all health, strength, wisdom, and harmony, and as His child all these become mine by a recognition of the truth that *God is all*.

And so it is. Amen."

Creating a Life of Prayer, Session 1

Option 2

"Now is the time for prayer requests. When you give your request, please state the name of the person we are holding in prayer and the nature of the prayer request, for example: healing, guidance, comfort, or right work. We do not need to hear the details of the problem, as God already knows everything. Let us focus on the request itself. After each person makes a request, let us respond to that person by affirming, "We see God blessing you or name of person held in prayer now."

"Dear Mother / Father God, We know that you hear our requests for comfort, guidance, divine order, prosperity and healing (*add any other requests that you may have heard*) before we even ask. Help us to know your Presence in the endings, in the new beginnings and in every experience in between. Thank you for this loving community we are creating, and thank you for the discoveries we are sharing. We are richly blessed. Amen."

Trusting the Process of Change, Session 1

Option 3

"As we prepare for our closing prayer, I invite you to gently close your eyes and focus on your breath. With each breath, allow your focus to go deeper into your being and to ever so gently rest near the center of your brain which is your faith center."

(Add own meditative prayer if you wish.)

Let us join hands. Allow the light that you are to flow from your heart to the person on your right. Allow yourself to be open to receive this light and love of the Christ from the person on your left. Let us now make known our prayer requests.

I will begin our process by stating my prayer request. After I am done, I will squeeze the hand of the person on my right, who may then say their request, and so on around the circle. You are welcome to pass, if you wish. Simply squeeze the hand of the person on your right to continue the process. After each person states their prayer request let us affirm together, 'God's healing life is renewing you (or, your loved one) now!'"

During this coming week, I would like you to hold in prayer... *(model this and begin the process)*

We have made known to each other, and to that God presence within us all, our prayer requests. Thank you, God, for answered prayer. Together: 'Thank you, God, for answered prayer.' Amen."

Knowing the Truth About Healing, Session 6

Option 4

"In Unity, we use affirmative prayer, focusing on the Truth of who we are and not on the appearances.

"We will now go around the circle and each person will have the opportunity to ask for prayer support if he or she desires. Feel free to say 'pass' if you do not wish to share. After an individual request is made, everyone will join in affirming, 'We give thanks for answered prayer.' *Pause for prayer requests.*

"As this evening concludes, we know and affirm that God is our source. We know that our thinking creates our experience. We now claim our prosperity by thinking and speaking positively about our finances, money possessions, relationships, and employment. We now release any thoughts of lack and we affirm our oneness with God's infinite substance. We know our outer world is changed through the Law of Mind Action. And so it is. Amen."

Living An Abundant Life, Session 2

Option 5

"At this time, we come together to pray with and for one another, using affirmative prayer. We focus on the Truth of who we are, not on the appearances. As we go around our circle, each person will have the opportunity to ask for prayer support if he or she desires. Anything shared in this sacred circle is to remain confidential. Feel free to say 'pass' if you do not wish to share. After an individual request is made, let us affirm together, 'Thank you, God, for answered prayer.' *Pause for prayer requests.*

"As this time together comes to a close, we give thanks for the presence of God in our midst. We go forward this week denying any separation from God or lack in our lives, and claiming our abundance of Divine Ideas. This week we consciously speak with energy and write with conviction the affirmations and denials of our heart. We gratefully acknowledge our blessings and we give thanks for the blessings yet to come. We affirm prosperity for ourselves, members of our circle, our church community, and for all of humanity.

"Let us affirm together once our prosperity affirmation, 'I am prosperous.' Together: 'I am prosperous.' Now let us close with the Prayer for Protection."

Prayer for Protection

The light of God surrounds us;
The love of God enfolds us;
The power of God protects us;
The presence of God watches over us.
Wherever we are God is! Amen.

Living An Abundant Life, Session 4

Option 6

"Now is our time to support each other in prayer. As we go around our circle, feel free to ask for prayer support for yourself or for another. Remember that these requests are sacred and confidential in this circle. Feel free to say 'pass' if you do not wish to share. After each request, let us affirm together, 'Thank you, God, for answered prayer.' *Allow time for prayer requests.*

"As we end this time together, we give thanks for God's presence in our lives. We go forward this week using our imagination to create a plentiful and positive world. Thank you, God, for Divine Ideas which we shape with your understanding and faith to bless ourselves, our family, this circle, our spiritual community, and the entire world. Let us close by saying together the Prayer for Protection."

Living An Abundant Life, Session 5

Additional Options for Prayer Requests

- 1) Take requests from the group and enter into prayer, affirming God's presence, comfort, caring, guidance, healing power etc.
- 2) Take each request, after which the group repeats an affirmation supporting the person in their request. Then enter into the prayer.
- 3) As one person makes a request, the next person in the circle affirms support of that person then makes their own request, etc.—followed by the closing prayer.
- 4) Leader begins with prayer and invites requests from the circle. As each is spoken, group members silently hold the request in the Christ light.
- 5) Each person writes their prayer request on an index card. Everyone passes his/her card to the right and that person silently blesses the request they receive. Then all requests are passed to the leader who closes the group with prayer and sends the prayers to the church prayer team.
- 6) Your choice.

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Association of Unity Churches International ~ www.unity.org
Lee's Summit, MO 64063
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