

St. Max Women's Lenten Retreat 2022 – Consider it all joy! James 1:2
Weekly Prayer Partner Discussion Suggestion

Suggested format for a 10-minute weekly conversation. Catch up, update, share 3 prayer intentions.

- Choose which partner will be the timekeeper for today's prayer time.
- 3 minutes - Review your week. Simply catch up with your prayer partner and share what you need to in the time given. The partner's role is to listen attentively. Nothing more.
- 3 minutes - Other partner reviews her week for 2-3 minutes while her partner listens attentively.
- 2 minutes - Review the 3 prayer intentions you shared the previous week and their updated status. Let your partner know what 3 prayer intentions you are asking her to include in her prayer for you this week.
- 2 minutes - Other partner reviews her 3 prayer intentions from the previous week and their updated status. Then, she lets her partner know the 3 intentions she is asking her partner to pray for this week.

Optional 20-30 minute prayer time. After you have completed the above, continue as suggested below.

- One partner prays freely out loud for her partner.
- Other partner prays freely out loud for her partner.
- **Review Gospel from the previous week.**
 - Remind yourself and your partner what your 'light' was from that Gospel. The first time you will review the Gospel that you discussed with your partner during the retreat.
 - Briefly share how that 'light' became part of your week.
- **Preparation for this week.**
 - Prepare by having the Sunday Gospel ready on your phone, in your Bible, or using a resource such as the Magnificat.
- **Exploring this week's Gospel.**
 - One of the partners reads aloud this week's Gospel.
 - Pause briefly. The other partner reads the Gospel aloud.
 - During this time, determine what stands out to you from the Word you just heard and read.
 - Share this 'light' with your partner. Just say the word or phrase that stood out. No need to elaborate on why it stands out.