

Prayer Partnerships

Summary:

As Unity is deeply rooted in prayer consciousness and the ministerial formation can be a lonely road at times, it is important to find other students to be a support on the journey. Forming a prayer partnership can be one way of connecting with another student and having support. The following are suggested guidelines for creating a prayer partnership.

A prayer partnership is a sacred relationship grounded in trust, authenticity, and vulnerability. It is an opportunity to hold another in sacred space, allowing the Spirit to work in you, through you, and as you. We have found that students who connect with others in this way are more grounded and connected. It is an opportunity to grow together and be transformed by a relationship that is deeply connected to Spirit. We cannot encourage students enough to make time for this relationship in their lives. While students may have prayer partnerships outside of school, we believe that forming this relationship with another student allows each to share their common journey and the ups and downs of the ministerial formation process.

While prayer partnerships are typically between two people, it is possible to form a group prayer partnership. This would require a longer call, however, there are benefits to this sort of partnership.

Expectations:

- It is suggested that prayer time with your partner be limited to 10-15 minutes calls. This means that there is enough time for each person to share what is on their hearts and for the other person to pray for them. A suggested format is that one partner shares for 5 minutes and then the other partner prays. Once the first person is complete, they switch.
- Prayer time is for prayer and prayer only. This means that it is not a time to discuss life circumstances, problems, or get advice. While you may form such a relationship with your prayer partner, the prayer time is for prayer only.
- Commitment to confidentiality and trust.
- Regularly scheduled times to meet. For some people 2-4 times a month, others meet weekly, some partners meet daily. Be mindful of not overcommitting. Find what works best for each of you so that the prayer partnership works and can be sustained over time.
- It is suggested that you find someone in the same time zone or someone that can work with you around the time zone difference. Be mindful of the other person's personal schedule. Try to understand your needs considering their needs. For example, if you work nights and can only pray during the day it might not work to have a prayer partner who works during the day.
- You can use text communication between calls. Here is a list of suggested technology you can use:
 - (Marco Polo app) to send to your prayer partner and they can watch it and send you a video back.

- WhatsApp – You can use this to send recorded messages and if you have an international prayer partner.
 - Signal app – You can do texts and calls on this app.
 - Facebook messenger – You can record a voice message and contact an international prayer partner.
-
- While these apps are amazing for this purpose, it is encouraged that they are not the sole means of communication. This is because there is something powerful about praying in real time. Ways to connect for real time prayer are phone, Zoom, Microsoft Teams, or Google Meet.
 - Just as a reminder all prayers are affirmative prayers which means we are praying from our verity/Divinity/Truth consciousness. This means that we do not offer suggestions or fixes. We surrender to our Christ consciousness.