

STRENGTH TO STRENGTH - *the practical benefits of daily prayer* is a six session series designed to help people start or deepen a daily prayer life. It is ideal for parish groups, Lent courses and as follow up to Alpha and other renewal resources. Each session lasts approximately 40 minutes but has a midpoint break with discussion questions. Included in the pack is a copy of the Course Book. We recommend that each guest has a copy for deeper reflection. These can be ordered for £5 each on a sale or return basis (please call 0845 050 9428).

There is a short introduction to the course which will help people to get a vision for the series and introduces the speakers. We recommend a short discussion time after this before beginning session 1.

PUBLICISING YOUR COURSE

Time your publicity for optimum effect to give people enough notice to put dates in their busy diaries and to get a sense of anticipation.

There is a sample A5 poster provided. You can order more of these or download it from the CaFE website. We recommend you stick a printed address label on the reverse with your course details.

PREPARATION AND PRAYER

It is important to spend time as a team coordinating and planning your course.

Think about the practicalities of setting up the room (don't forget the temperature as a cold room can be very uninviting). Have background music playing as guests arrive, provide quality refreshments and check all equipment before the meeting.

It is also vital to spend time praying for the course. Pray daily for each other and for those who will attend. Ask God to anoint your efforts and pray that the course will help guests to grow in daily prayer.

SUGGESTED DISCUSSION QUESTIONS

Short Intro - PREPARING YOUR HEART

What do you hope to get out of this course?

Session 1 - PRAY FOR THE DAY

How are you doing so far?

What have you found to be helpful?

Session 2 - FOOD FOR THOUGHT

How do you experience this battle?

How would you change your circumstances by right thinking?

Session 3 - THE LIFE OF PRAYER

What helps you pray?

What obstacles hinder your prayer?

Session 4 - PRAY BEFORE YOU SPEAK

What are your experiences with words?

How are you in control of your tongue?

Session 5 - LORD, TEACH US TO PRAY

What is your experience of the Our Father?

Session 6 - GIVE US THIS DAY

What does 'our daily food' mean?

What have you learnt about the Our Father?



RUNNING A CaFE COURSE *café* STYLE

Never underestimate the importance of presentation. We highly recommend having chairs around tables to form small groups for discussions and to create a friendly, relaxed atmosphere.

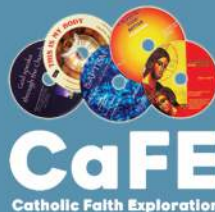
Decorating the tables with tablecloths, candles and flowers can make a real difference, helping to make guests feel valued and special. Try and provide the best refreshments you can, perhaps a glass of wine and nibbles or tea and coffee with chocolate biscuits. This all adds to the atmosphere and will encourage people to come back next time and bring their friends. At the start of each session, welcome guests and give a brief introduction to the talk. Explain the format of the session and start with an opening prayer.



FORWARD PLANNING

If people have enjoyed your CaFE course they will want to come back again. At the last session, have some suggestions of what you are planning in the months ahead and ask guests to leave their details (don't forget their e-mail addresses) so that you can contact them. Why not view other CaFE courses online?

Produced by
Catholic Evangelisation Services
PO Box 333, St Albans, Herts, AL2 1EL
Tel: 0845 050 9428
Email: resources@faithcafe.org
www.faithecafe.org
CREW Trust Charity No. 277425



STRENGTH the practical benefits of daily prayer **TO STRENGTH**



LEADER'S GUIDE