



Spiritual-Care Groups in a Mental Health Setting

Example of Prayer Practices Week 1

Exploring Prayer Practices Week 1

Purpose:

To explore a variety of spiritual practices, specifically prayer practices, for inner healing and recovery.

Goal:

Using story, song, example, and personal experience, clients will understand a variety of prayer practices and be able to implement positive prayer practices as coping skills for recovery.

Objective:

To establish group rapport, group guidelines. and to identify different forms of prayer practices.

Materials:

- White board or chart paper
- Marking pens
- Pencils for notes
- Copies of the poem, *The Result of Prayer*
- Copies of the song, "When I Pray" by Daniel Nahmod
- Copies of the reflective questions
- CD: "When I Pray" on the *Sacred Love* CD by Daniel Nahmod (Theme song for the entire unit.)
- CD player

Procedure:

1. Introduction
 - Introductions
 - Check-in: What is going on with you today that would be helpful for the group to know?
2. Group guidelines: Elicit group responses: What do you need to feel safe enough to share your feelings in the group?
 - Let each finish speaking before you speak
 - Let each have a turn before speaking again
 - Respect and honor the one who is speaking: listen quietly
 - Respect the feelings of others; feelings are neither right nor wrong
 - What is said in the group stays in the group
 - Option to pass at any time
 - Any other points the group may want to have
3. Group reflection: What do you hope to get out of this group?
 - List the group responses on the board.
 - Identify those items that will be covered in the group.



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4. Group reflection:

- Elicit group responses.
- List responses on the board.

What are some ways that you pray? How do you pray?

- Identify the kinds of prayers listed: vocal, silent, body, meditative, others.

What kinds of things do you pray about?

- Identify the kinds of prayers listed: petitionary, intercessory, healing, suffering, meditative, adoration, gratitude, confession, others.

What are the reasons you have for praying?

- Affirm group responses.

5. Group Activity: Give a copy of the poem to each person. Read the poem aloud. Invite group members to pay attention to their feelings.

- What are your thoughts about this poem?
- What are your feelings about this poem?

6. Group Activity: Give a copy of the song, "When I Pray," to each person. Listen to the song on the CD. Invite group members to pay attention to their feelings.

- As you listened to the song, how did you feel?
- What is the prayer in your heart right here, right now?

7. Group Sharing: Does anyone have a story to tell about prayer?

8. Summary:

- Summarize what group members have said about prayer.
- Close with a prayer of blessing. (This may be a verbal prayer or a music prayer.)