

Companions in Christ

In the past three years, two groups from our Lutheran congregations have completed the Companions in Christ series. This series is intended to help small groups open themselves to God's presence and guidance in deep and meaningful ways. In both individual and communal practices, groups have explored classic spiritual practices, developed new daily habits, and deepened their relationship with God and with each other.

Companions in Christ is a small group that...

- is focused on learning how God is present in all human experiences
- learns various styles and forms of deepening prayer
- provides opportunity for daily prayer, Scripture reading, and discernment
- reflects on our Christian vocation and trains us to pay attention to the Spirit
- provides opportunity for authentic relationships and spiritual companionship
- meets regularly for participants to share reflections on what God is doing within their lives and to practice communal spiritual practices

Meeting time and location

Companions typically meets within people's homes, though may meet at a church location. Meetings are 2 hours in length. Due to timing, those interested in Companions will determine the best day/time to meet.

Time commitment

- 2-hour meeting either every week or every other week
- Total of 26 meetings, concluding with the possibility for a weekend retreat away
- Attendance at each group meeting is covenanted amongst group members so as to create a core group dynamic, build upon previous material, and create a community of trust
- In between meetings, participants are expected to complete 5 20–30-minute exercises and keep a journal of their reflections

Group Size

Minimum of 4 people, maximum 8 people per Companions group. Multiple groups could form based on interest.

Closed/Open Group - Closed

This might be a good fit if....

- You are interested in learning about listening to God through prayer
- You are seeking to engage more personally and regularly with Scripture

- You are seeking to pay attention to the work of the Spirit and discover Christ's call in your life
- You are seeking a safe space to cultivate authentic relationships with a group of people who will accompany you on your personal spiritual journey