

# Practical Theology through Scriptural Reflections

## The Our Father – A Spiritual and Theological Study

ARK MINISTRIES – for the glory and honor of God

### SESSION FORMAT

- Opening Prayer – to call on the Holy Spirit for guidance
- Content of Sessions
  - (a) Passage for Reflection
  - (b) Points for Discussion
- Scribe – choose a scribe for the following session; pray for that person in the intervening time
- Time Bar – decide on a time bar for each Point of Discussion. The “Leader” or Scribe should be responsible for ensuring that the group discussion stays within the time allocated
- Passage for Reflection – silently and slowly go through the content for the current session. Highlight any words, phrases or thoughts that particularly strike you. When everyone has completed the passage for reflection, share your thoughts with the group. The Scribe now begins to take notes.
- Points for Discussion – go through each of the session Points for Discussion. Once again, the Scribe makes notes. It is important that each point for discussion is time-barred.
- Feedback – in the final ten minutes of the session, the Scribe reads aloud the insights offered by each member. Enlightenments from the Holy Spirit will become most clear during this feedback time.
- Concluding Prayer – the meeting concludes with a prayer of praise and thanks.

*In this series, Anna Rae-Kelly, M.Th. will invite participants through contemplative prayer to become more open to the Holy Spirit. Each reflection will take us more deeply into the mystery of the Lord's Prayer and apply its challenging message to aspects of every day life. As a result, the power of this great prayer will be more fully released and realized in the life of the faithful.*



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