

HANDOUT 11th Feb 2021

Seminar: **Guided prayer in pregnancy and for new parents, Helena Whitwell**

Theme ideas:

- Thanksgiving/Gratitude
- Peace
- Trust/ Surrender
- Forgiveness, letting go, repentance
- Connection deepening
- Letting God speak- listening

Scripture links - Some examples:

Zephaniah 3:17, Isaiah 41:10, Psalm 139 1-4, Jeremiah 17:7, Zechariah 2:13, Isaiah 12.2, Numbers 6, 26, Matthew 11. 28-29, Psalm 29.11

Example Questions:

- God, what do you want to say to me today?
- Is there anything I need to let go of, or put in your hands today?
- Are there any tools or gifts you want to give me for my current season?

Practical tips:

- Encourage attendees to prepare a comfy, relaxing and quiet corner
- Have paper/journal and pen and bible handy
- Think about having a 'live' session, to allow attendees to come at a specific time, creating the safe space for them, as sometimes it can be hard to get round to 'catch up' later. But- you may like to offer a recording as an option for those who are unable to make it.
- Pray before hand for your attendees, for the Holy Spirit to come into their homes where they are. Also, pray as you prepare yourselves and your content, as you lead people into God's presence.
- Create a 'safe space' for individuals to meet with God where they are at. Encourage and remind people of the variety of ways God can speak. Create opportunities for attendees to listen to God and practise hearing his voice.
- Suggest attendees to mute and turn their cameras off, so they can fully relax in God's presence.
- Don't be afraid of pauses and leaving silence. People need time and space to listen (often longer than you think!)
- Zoom- you can use a pro account if you have one, but if it's under 40 mins long you don't need to worry – just keep an eye on the time!

Your Context:

- Talk with God about how you might be able to use some of these ideas in your own context. For yourself, for your Church ministry, for those mums who come to your baby group, for parents in your church. Jot down any ideas or thoughts that come to mind. E.g Could you start an 'Apron Moments' session of some kind, for parents and carers in your Church?
- You may feel God prompting you to speak to others who may be interested in leading a session like this, or you may like to begin asking the parents and carers in your setting, if this is something they would be interested in trying. Go for it!

Extra resources and groups:

- Mummy Meditations Community (Facebook group you can join) Regular guided prayer sessions for Mums to connect with God, on zoom.
- 'Jesus Calling' by Sarah Young. A wonderful daily devotional with scripture links, as you explore listening to the voice of Jesus.

If you would like to chat through anything or ask me any questions, please do get in touch, I would love to hear from you: doula.helena@gmail.com