

Being Friends Together

Reading *Quaker faith & practice* > Autumn/Winter 2015/16 > Chapter 2:
Approaches to God – worship and prayer > Q142 Self-study activities

Activity 2A: Prayer and spiritual practice 35 minutes

Reading + spiritual practice + sharing

Read *Qf&p* 2.18, 2.22 and 2.23. 5

Spread out in front of you the slips with words or phrases prepared from Activity Sheet 2. Read them slowly, meditatively to yourself, then choose one that resonates with you in some way. 10

Spend some time sitting with your word or phrase in silence, letting the word(s) sink deep into your awareness, perhaps repeating the word(s) silently, inwardly, prayerfully to yourself, as one does in Sacred Reading* practice. If you feel drawn into simply sitting in contemplation, just let the word(s) go, and wait in the Light. 10

If possible, share something of your response to this practice with others, perhaps relating it to the questions: 10-15

- What spoke to you?
- How does it relate to your own experience or practice of prayer?

You could do this by:

- sharing with a friend
- writing a letter
- sharing your reflections online - either in your own space or see <http://qfp.quaker.org.uk/reading/news> for links to discussions

*For more about this practice, do a keyword search for 'sacred reading' on the **Being Friends Together** website.

<http://together.woodbrooke.org.uk>



Being Friends Together is a joint project of Woodbrooke Quaker Study Centre (Registered Charity Number: 313816) and Britain Yearly Meeting of the Religious Society of Friends (Quakers) (Registered charity number: 1127633).



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Activity 2B: Speaking and silence in worship 25 minutes

Reading + reflecting + journalling/sharing

Read *Qf&p* 2.12, 2.16, 2.17, 2.60, 2.61, 2.66, 2.68 and 2.73. 5

Spend some time reflecting on an experience of giving or receiving vocal ministry, or of silence in worship. You could focus on: 10

- what the experience was like – physically, emotionally, mentally or spiritually
- how the words or silence spoke to you or your condition

You could take this reflection further/deeper by: 10

- journalling
 - sharing with a friend (perhaps over coffee after meeting)
 - sharing your reflections online - either in your own space or see <http://qfp.quaker.org.uk/reading/news> for links to discussions
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Activity 2D: Our personal discipline of faithfulness 30 minutes

Reading + reflection + journalling/sharing

Read *Qf&p* 2.45, 2.47, 2.48, 2.50, 2.76 and 2.82. 5

Consider your responses to the following reflective questions: 15

- How do I prepare my mind and heart for worship?
- How do I respond to other people (including children), sounds, distractions and thoughts during worship?
- What, in my experience, enriches our Quaker worship?

You may like to note down some of your reflections.

You could take this reflection further/deeper by: 10-15

- journalling
 - sharing with a friend (perhaps over coffee after meeting)
- sharing your reflections online - either in your own space or see <http://qfp.quaker.org.uk/reading/news> for links to discussions

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Activity 2C: What's important for me about worship?

30 minutes

Ideas mapping

You will need a large piece of paper and marker pens, felt tips or coloured pencils. Alternatively, you could use a digital drawing tool on your laptop or tablet.

Consider what, in your experience or understanding, is important to you about Quaker worship (including meeting for worship for business). You may like to use some of the ideas and phrases from Chapter 2 on Activity Sheet 4 as a starting point.

Map your ideas onto a large sheet of paper or onto your computer in a visual way, using an approach such as:

- mind mapping
- a simple plan of a meeting room, with ideas noted on the benches
- a line drawing of a tree with ideas noted on roots/trunk/leaves
- a colourful list of important ideas or phrases from Chapter 2
- something from your own imagination

Place your ideas map somewhere where you, and perhaps others, can see it. You could add extra material to it over the next few weeks!

You might like to share your ideas map with a friend or loved one when you next speak to them. You could do this through a face to face conversation or you could do it online, uploading a scan or photo of your map. See <http://qfp.quaker.org.uk/reading/news> for links to discussions.

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