



INSIGHT PRAYER COMPANION FACILITATOR GUIDE

We hope that this companion is a helpful addition to the video lessons from *Insight* on Social and Emotional Learning. As a leader, this page hopes to provide practical guidance on implementing this with your school community. It is our hope that these lessons on prayer and art can help your lessons on Social and Emotional Learning to sink in more deeply through an encounter with Christ in their lives.

For this free resource, each lesson's image must either be projected, printed, or shared digitally with your participants, since the booklets do not contain the images. The images are found in a separate resource online at itce.catholic.edu/insight/materials. Prayer companions with both text and images will be available for purchase at beholdvisiodivina.com.

We have provided two sample formats: one for a quick prayer experience in the midst of a faculty meeting and one to provide a longer session for prayer, such as a faculty retreat or small group faith formation opportunity. The times listed below are suggestions, so adapt these to the needs of your community. Encourage your participants to return to these resources in their personal prayer as well.

Sample Format for Faculty Meeting

- Opening Prayer (page 3 of the booklets)
- Play the video [**10-12 minutes**]
- Small group reflection on Discussion Guide questions [**10 minutes**]
- *Visio Divina*:
 - Visio [**2 minutes**]
 - Meditation [**2 minutes**]
 - Prayer [**4 minutes**]
 - Action [**1 minute**]
 - Optional: Small Group Discussion [**5-10 minutes**]
- Closing Prayer: Glory Be

Sample Format for Faculty Retreat/Professional Development

- Opening Prayer (page 3 of the booklets)
- Play the video [**10-12 minutes**]
- Small group reflection on Discussion Guide questions [**10 minutes**]
- *Visio Divina*:
 - Visio [**4 minutes**]
 - Meditation [**5 minutes**]
 - Prayer [**7 minutes**]
 - Contemplation [**2 minutes**]
 - Action [**2 minutes**]
 - Small Group Discussion [**20 minutes**]
- Closing prayer: Glory Be