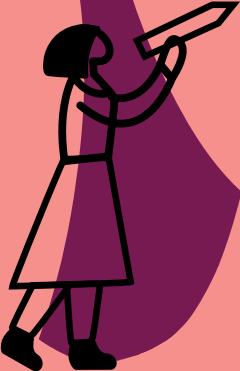


# SOUL FULL PRAYER WRITING



VALUE

# FAITHFULNESS & TRUST

## *Emunah*

Women have been writing personal prayers for thousands of years. The personal prayers in Soul Full were written in workshops like this one, almost all by women who had never done so before — and were not sure they could.

When your participants add their own unique voice to our timeless liturgy, they express their own sense of emunah, one of Momentum’s core values – faithfulness and trust. Prayer becomes personal.

This workshop is an opportunity to support their spiritual journey, to close the distance between the timeless words of our ancestors and their lives as Jewish women in the modern world. Together they will connect more deeply to the legacy of Jewish prayer, finding common bonds and new reasons to step into a personal prayer practice.

The work of leading a prayer writing workshop might be new to you. You might be feeling some apprehension.

Have you ever noticed that the words sacred and scared are anagrams? They are the same letters in a slightly different order. When we do sacred work, when we take a chance and make time to step into the possibility of holiness, it can be scary.

Embrace it. Step out of your comfort zone. Create space for your soul to fully flourish.



**THIS WORKSHOP IS ABOUT 90 MINUTES TOTAL**

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10 MINUTES TO BEGIN WITH INTENTION

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75 MINUTES OF GROUP WORK:  
REFLECTION, WRITING, AND SHARING

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5 MINUTES TO CLOSE IN A MEANINGFUL WAY



**THIS SESSION SHOULD BE LED BY THE COMMUNITY LEADER(S)**



**MATERIALS FOR THIS WORKSHOP**

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SOUL FULL: GETAWAYS TO JEWISH PRAYER (THE BOOK)

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BLANK PAPER

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PENS

## FACILITATOR PREPARATION

Facilitator(s) of this workshop should watch this 8-minute preparatory video in advance (please scan the QR code):



Email your participants about a week before the gathering, and assign each of them one of the Morning Blessings, noting its page number in Soul Full. Ask her to read the blessing, and the “Learning - Inspiration - Reflection” paragraphs on the facing page. Let her know that when you get together next, she will have a few minutes to share her blessing in a small group with two of her sisters — what it’s about, a takeaway from the “Learning - Inspiration - Reflection” she found meaningful, and how the blessing connects to her life.

Two days before the session, and again about two hours before the session, use your group chat to remind participants to bring their copy of Soul Full with them.

Source paper and pens to provide to your participants, one piece of paper and one pen per participant.

## PART I BEGIN WITH INTENTION



10 MINUTES

Depending on the number of participants in your group, consider setting the tone by starting the workshop with a group circle, giving each woman an opportunity to share a soul-awakening moment.

You can also start by welcoming everyone and speaking to the group for a few minutes about the soul-awakening power of Jewish prayer. Allow about 10 minutes for this opening, giving each woman about two to three minutes to share within her small group. Bring your participants’ attention back to you, and share the next steps.

## PART II GETTING STARTED



15 MINUTES

### GROUP WORK

- In small groups of three, each woman will have an opportunity to share the blessing she was pre-assigned — what it’s about, a takeaway from the “Learning - Inspiration - Reflection” section that she found meaningful, and how the blessing connects to her life.
- Take a piece of paper and fold it in thirds. At the top, write your name, the name of your blessing, and its Soul Full page number.
- You will then have about **five minutes** to write a personal prayer, a version of the blessing that speaks to your needs, to this moment in time, to who you are and where you are in your life.
- Use only the top third of the page for this writing. Let whatever happens happen. Write what you feel. Open yourself up to the experience. There’s no right or wrong. Allow the words to flow from you to the page.

## PART II

# GETTING STARTED

(CONTINUED)

- When they are done writing, pause, take a deep breath, and instruct them to pass her paper to the left. She now has a new blessing in her hands, her sister's. Look at her corresponding blessing in Soul Full, read the words of her heart on the page. Take **five minutes** to write a personal prayer of your own about *her* blessing — use the middle third of the page.
- The cycle will then be repeated for a third and final round. Another new blessing is in your hands. Read the blessing in Soul Full, take in the personal prayers of your sisters, and take **five minutes** to share your prayer on this new topic, using the bottom third of the page.

## PART III

# SHARING BACK



10 MINUTES

After these rounds of writing, bring your participants' attention back to you. Take five minutes to allow a few people to share their experience. Not what they wrote, but the experience of the exercise.

- At this point, each woman should have her own paper back in her hands. What does she find there? Prayer, alive with meaning, blessings enriched by the wisdom and experience of two other women. She holds in her hands a gift.

## PART IV

# FINAL DRAFT



10 MINUTES

Now, take the final step by inviting everyone to take a few minutes reading the words of her sisters, and then on a clean sheet of paper, crafting a final version of her own blessing, inspired by the souls of the women around her.

- After **five minutes** of writing time, bring the group back together — whatever is on the page at this moment is enough.

## PART V

# SHARE YOUR PRAYER



10 MINUTES

Depending on the number of women in your group, you can then go around and invite everyone to share their words — if you have a large group, you may need to divide into two to make this feasible. What will emerge is a collection of personal prayers, and a growing sense in the heart of each woman that prayer belongs to her.

- Invite women to use the blank pages in the back of their Soul Full book to add the prayer they crafted.

## PART VI

# END WITH MEANING



5 MINUTES

As you conclude the Prayer Workshop, attune your participants to the miraculous gift they have inherited from their ancestors and given to one another. Acknowledge each other with love and thank each other with intention.

## LEARN MORE ABOUT PRAYER

You can continue learning more about Jewish prayer on Yomm, the Momentum app.

Download the Yomm app

Google



Apple



On Yomm, women can explore the Shema and its blessings and the Amidah, and along the way create their own personal prayers.

Encourage your women to check out the following Yomm journeys:



Shema and Its Blessings



Purpose Through Prayer (Amidah, Part I)



The Heart of Prayer (Amidah, Part II)



Prayers for Your Future Self (Amidah, Part III)

