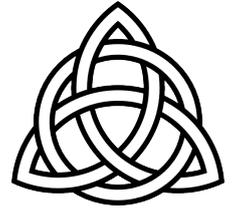


RESOURCES

Small Group Prayer Resource

Caim (Circle) Prayers



Appropriate for: Those who find public prayer difficult.

Good for: Developing intimacy through the sharing of personal needs.
Helping the whole group to engage in prayer

Explanation & background:

When we think we have to be eloquent to pray the caim or encircling prayer can often be helpful. Matt 6:7-8

The word 'caim' originates from an old Gaelic word meaning: "protecting", "encircling", "sanctuary", or "circle" and has been passed down from the ancient Celtic Church.

Caim Prayers are simple prayers of faith and are often called 'encircling prayers'. The circle symbolises the encircling love and presence of God- surrounding you- protecting you- caring for you. Psalm 125 V.2

The Celtic Christians were very symbolic in their faith and their caim prayer would often include physical actions...

- They might stand and draw an imaginary circle around them in the air as they revolve clockwise once and then recite a Caim prayer, or.....
- They might draw a circle on the floor with a stick and recite a Caim prayer (a variation would be to step into a circle of small white stones and at the end of the prayer you might take one of the stones in remembrance of the prayer and God's faithfulness. A white stone was symbolic of something given to 'overcomers.' (Rev 2:17)
- A person might enter into a 'circle' of friends, linked together by their arms/hands, and recite a Caim prayer.

INSTRUCTIONS:

Explain Caim prayers (above) and give them a written version (below) to repeat or adapt.

Ask the group to spend two minutes in silence and identify a personal situation they would like prayer for.

(Home- work- health- family- challenge- worry- neighbour- physical- spiritual- financial- emotional- relational)

Either stay as one group, or split into smaller groups of 3 or 4 to make it less intimidating for those who don't normally pray out loud.

Share your need- briefly (May only need to use one word)- form or step into a circle and let others pray a caim prayer over you.

Insert their name if appropriate and change the wording (brackets) to suit their circumstances.

If you're feeling brave: Ask the group to be as visual and physical in their praying as the Celtic Christians.

Examples of Caim prayers.

Circle (name), Lord.
Keep (comfort) near
and (discouragement) afar.
Keep (peace) within
and (turmoil) out.
The eternal Father, Son and Holy Spirit
shield (name) on ever side.

Circle me Lord, Keep protection near, and danger afar.
Circle me Lord, Keep light near, and darkness afar.
Circle me Lord, Keep peace within. Keep evil out.
Circle me Lord, Keep hope within. Keep doubt without.
May you be a bright flame before me.
May you be a guiding star above me.
May you be a smooth path below me.
And a loving Guide behind me.
Today, tonight, and forever.