



Contemplative Prayer

Contemplative prayer is a receptive posture of openness toward God. It is a way of waiting with a heart awake to God's presence and his Word. This kind of prayer intentionally trusts and rests in presence of the Holy Spirit deep in our own spirit. .

Explore: To develop an open, restful receptivity to the Trinity that enables me to always be with God just as I am.

Scripture: ○ "Now the Lord is the Spirit, and where the Spirit of the Lord is there is freedom. And we, who with unveiled faces all reflect the Lord's glory, are being transformed into his likeness with ever increasing glory, which comes from the Lord, who is the Spirit." 2 Corinthians 3:17-18

Includes: ○ Practicing the presence of God
○ Practicing breath prayer, simple prayer, centering prayer.
○ Resting in God and allowing the Spirit to nudge, fill, or speak.

Fruits: ○ Developing prayer that depends on trust more than giving God information about what he should do.
○ Move out of "doing" prayer into "being" prayer.
○ Learning to let go of distractions in prayer.

Short methods for Contemplative Prayer

- A. Settle into a time of quietness with God (if it is hard for you to sit still in God's presence, go for a walk). Say to God, "Here I am, I am with you." Be with God. Welcome God with open arms. Be in the moment without controlling or influencing and give God the gift of your love and presence. Do not strive. There is nothing to achieve. Leave God's presence gently when you sense you must go.
- B. One way to quiet your mind is to quiet your body. Spend 5 minutes intentionally relaxing your body and breathing deeply. Then spend 5 minutes noticing where your mind wants to go. Offer your noticing to God then let go and open yourself to God's love. End your prayer by breathing in God's love and go with the awareness that your every breath is God's gift.
- C. Light a candle and become quiet before the creator of light. Allow the candlelight to center your heart in the Light of the world. Offer yourself and all your darkness to Jesus. Remain in his light. Be comforted; all the darkness in the world cannot put out the light of one match. Extinguish the candle when you feel you must go.

*Teresa of Avila, the Interior Castle
Calhoun, Spiritual Disciplines Handbook*

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