

5.23- Contemplative Prayer

Take some time to read and reflect on the following

Prayer is most often attempting to connect with God on our terms- we pray when we want to, how we want to, and expect God to join us there. Contemplative prayer is a type of prayer that attempts to connect on God's terms. It is our best effort to get still, quiet, and focused enough that we allow space for God to show up however God chooses to. To cede the floor to God to reveal the things God wants us to learn.

There are things that we will only learn about God and ourselves if we allow God to speak as God will.

Contemplation is the term Christians have classically used to represent what is often called meditation in other faiths or traditions. If you've ever practiced meditation before, you can appreciate that it is a skill you can improve or a muscle you can stretch. It is not always easy or intuitive to us, but there are techniques you can lean into to refine your practice. This is similarly true of contemplative prayer.

It is not a given thing that we are equipped to be able to hear God speak, even if we want to.

In a couple of weeks, we will focus more specifically on this practice. Over the days of that week we will discuss in more depth some of the techniques we can use to help learn how to practice this more. For today, it is enough to "Be still and know that I am God."

Take some time to listen and reflect on the following

[Contemplative Prayer](#)

Take some time to put the following into practice

Spend at least five minutes in contemplative prayer. Find a time and place where you can be still, quiet, and uninterrupted. Set a timer before you begin so you don't have to think about the clock. Get into a comfortable sitting position: up straight, feet firmly on the floor, hands resting palms-up on your legs. Either close your eyes or pick a static spot on the floor a few feet in front of you to rest your gaze- whichever is less distracting to you. The goal of this prayer time is to quiet your inner self so that you might be attentive to the voice and presence of God. Calming and quieting your mind will come

easier to some of us than others, and we will talk about more specific techniques to do so in a couple of weeks. For today, just see how it goes with no real pressure or expectations. Reflect afterward on your experience. Was it easy or difficult to sit in stillness and silence? Was it easy or difficult to quiet your mind?