



Christ Church RGV

Learning to Pray Together

Week 2 of 5: Contemplative Prayer (May 3-May 9)

1. Most of us typically think of prayer as intercession – asking God for things. But there are other forms of prayer. Contemplative prayer (sometimes “centering prayer”) is one in which we set aside time to contemplate God.
 2. Begin with scripture. This helps to establish an appropriate image of God to contemplate! (See suggested scriptures below.)
 3. Find a comfortable posture and setting with minimal distractions.
 4. Choose a scriptural name for God (i.e. not “Jim” or “Bill,” but something like “Lord,” “Father God,” or “Teacher”). Examples are below.
 5. Thoughts and distractions are okay! Don’t berate yourself when they occur. Instead, use your name for God to come back to thinking about that characteristic of His – perhaps what it means *in light* of your distractions.
 6. You may feel like you’re going “in and out” of God’s presence, but that feeling is not reality. Consider concentric circles – you are always in God’s presence, but as you break through distractions, you move closer to the “center.” This is the difference between centering prayer and meditation; our center is not in ourselves – God is our center!
 7. If you feel a need to give your contemplative time a clear ending point (or bookmark), try closing it with the Lord’s Prayer.
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Scriptures to Begin:

- Genesis 2:4-25
- Deuteronomy 32:1-4
- Joshua 1:7-9
- Psalm 23
- Psalm 46
- Psalm 90
- Psalm 121
- Proverbs 21:1-3
- Isaiah 43:1-7
- Ezekiel 37:11-14
- John 10:14-18
- John 14:26-27
- Romans 6:4-10
- Ephesians 1:18-23
- 1 Peter 1:3-9
- Revelation 19:1-9

Example Names for God:

- All Knowing / All Powerful
- Alpha and Omega (Beginning and End)
- Creator
- Defender
- Father
- Friend
- Healer
- Lord
- Protector
- Provider
- Rock of Ages
- Rock of Salvation
- Teacher
- Savior
- Shepherd