

CONTEMPLATION - UNCEASING PRAYER

Whether in solitude or community, whether alone or with others, we are called to live obedient lives, that is, lives of unceasing prayer – ‘unceasing’ not because of the many prayers we say but because of our alertness to the unceasing prayer of God’s Spirit within and among us.

Henri Nouwen
(*ABC’s of the Pilgrimage*, 2014
Rev. Dr. Paul H. Lang)

Read [read passage twice]

Silence 3-5 minutes - silently repeat a word or phrase that interests you...*

Sharing aloud (if in group): Simply share the word or phrase that spoke to you. No elaboration.

Reflect [read once]

Silence 3-5 minutes - reflecting on “Where does this touch my life?”

Sharing aloud: “I hear, I see, I was struck by...”

Respond [read once]

Silence 3-5 minutes - reflecting on “How is God calling me to Respond?”

Sharing aloud: Briefly pray - spontaneously expressing your response to God’s call.

Rest [read once]

Rest in God’s grace, in silence 2-3 minutes

** The time allotted for each period of silence can vary.*

Prompts:

- 1) *Being alert to God . . . all senses actively operational: watching, listening, tasting, feeling, smelling.*
- 2) *Being alert: often out of fear or for protection . . . but also in praise and growth.*

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