

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.

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DRS