

Deep Wells

Connecting to God Through the Depths of the Soul

Understanding Contemplative Spirituality —

Contemplative spirituality is a Spirit-empowered posture of stillness, awareness, and surrender that invites believers to experience union with God in the depths of the soul. It emphasizes intimacy over activity, presence over performance, and silence over striving.

Key Scriptures: Psalm 46:10 • Psalm 27:4 • Psalm 131 • Luke 10:38-42 • John 15:1-8

Historical Roots

Early Christian contemplatives (3rd-5th centuries), known as the Desert Fathers and Mothers, withdrew to the deserts of Egypt, Syria, and Palestine seeking God in solitude and simplicity. They practiced silence, prayer, simplicity, and Scripture meditation to detach from distractions and attach to God.

Two Core Practices: Silence, Solitude, & Lectio Divina

Silence & Solitude

Silence is the intentional quieting of both external noise and internal noise to become attentive to God's presence.

Solitude is the intentional withdrawal from people and distractions to be alone with God. Together they help us resist the idol of productivity and renew intimacy with the Father.

Lectio Divina — Sacred Reading of Scripture

1. Lectio (Read): Read the passage slowly and notice what stands out.
2. Meditatio (Reflect): Ask, 'Lord, what are You saying to me through this?'
3. Oratio (Respond): Pray honestly and simply.
4. Contemplatio (Rest): Sit quietly in God's presence and receive His love.

Reflection & Application

Which practice is God inviting you to deepen this week?

What obstacles do you need to release to create space for God's presence?

How might regular stillness change how you serve and relate to others?

Key Takeaway

“You can’t cultivate depth without distance.” Silence and solitude create the sacred distance where transformation begins and intimacy with God deepens.

Your Six Board Members & Sample Coaching Questions

1. **The Spiritual Advisor (Your Spirit):**
 - How does this align with God’s will/Word?
 - What is the Spirit’s **peace** or **check**?
2. **The Practical Manager (Your Logic):**
 - Facts? Pros/cons? Resources needed? Timelines?
3. **The Emotional Intelligence Officer (Your Heart):**
 - Am I choosing from **love or fear**? Who will be affected and how?
4. **The Vision Keeper (Your Purpose):**
 - Does this move me **toward** my calling and legacy? 5/10/15-year fit?
5. **The Risk Assessor (Your Wisdom):**
 - What could go wrong? Mitigations? Opportunity cost?
6. **The Growth Advocate (Your Character):**
 - How will this help me **grow**? What virtues will it form?

Five-Step Flow (Scripture Tie-ins: Ps 42:5 (soul-talk), James 1:5, Col 3:15, Prov 3:5–6.)

1. Name the decision.
2. Pray for wisdom & stillness (silence 60–120 seconds).
3. Hear from each “member” (bullet answers).
4. Discern next faithful step; set a date/time to review, seek counsel if applicable.
5. Act in peace; journal learnings.

Implementation

A. Lectio Divina Quick Card

- **Lectio:** Read 2–3x. Circle a phrase.
- **Meditatio:** “Lord, what are You saying to me?” (Write 3–5 sentences).
- **Oratio:** Pray response.
- **Contemplatio:** Rest in silence (2–5 min).

B. Silence & Solitude Starter Plan (7 Days)

- **Days 1–2:** 2 minutes, 3x/day.
- **Days 3–4:** 5 minutes morning; 2 minutes midday.
- **Days 5–7:** 10 minutes morning; 5 minutes evening walk (phone-free).
- Journal one word that captures each time (e.g., “peace,” “restless,” “loved”).

C. Sacred Pathways Snapshot

Circle your top 2–3 and note a weekly practice for each:

- Naturalist | Sensate | Traditionalist | Ascetic | Activist | Caregiver | Enthusiast | Contemplative | Intellectual

Example Pairings:

- **Naturalist:** Take a prayer walk outdoors 2x this week.
- **Sensate:** Light a candle; play quiet hymns during silence.
- **Activist:** Begin advocacy planning with 3 minutes of silence.

D. Internal Board Meeting — One-Page Worksheet

Decision on the table:

Silence (60–120 sec): What surfaced?

Spiritual Advisor: Scripture, peace/check, counsel

Practical Manager: Facts, resources, next actions

EQ Officer: Emotions, people, love vs fear

Vision Keeper: Calling/legacy alignment

Risk Assessor: Risks, mitigations, opportunity cost

Growth Advocate: Formation & skills

Discerned next faithful step:

When will I review? _____