

Hinsley Zoom 1 August 2020

Prayer before Centering Prayer

Be still and know that I am God

Be still and know that I Am

Be still and know

Be Still

Be

Final Reading

Holy Spirit of God, without You there is no divine life in us, nor any virtue. Create in us a conscious relationship with You.
Thomas Keating *Journey to The Centre*

Unity Prayer

"May God heal all divisions -- those within my own mind, heart, soul and body, and those between all people and groups -- that we may be one Body in Christ, unified in every way and on every level, and thus manifest the Living Christ by our very lives. Amen."

United in Prayer 2020
Contemplative Outreach

PRAYER AS A RELATIONSHIP

All Christian Prayer is rooted in the Word of God in scripture and in the person of Jesus Christ. God is unconditional love and takes the initiative in relationship with us. Contemplative Prayer is the opening of the heart and mind — our whole being — to God, in faith, love and trust. It is prayer beyond words, thoughts and emotions. It is not a technique. It is a process of interior transformation initiated by God.

Centering Prayer facilitates the movement from more active modes of prayer into a receptive prayer of resting in God, traditionally called Contemplative Prayer, which is a gift from God.

Centering Prayer, sometimes known as the Prayer of Consent, is a contemporary form of prayer drawn from ancient prayer practices of the Christian Contemplative Heritage, notably the Desert Fathers, Lectio

Divina, *The Cloud of Unknowing*, and the writings of St John of the Cross and St Teresa of Avila.

*When you want to pray
Go into your inner room, close the door
and pray to your Father in secret.
And your father who sees in secret
will reward you. Mathew 6.6*

GROWTH OF A RELATIONSHIP WITH A PERSON / WITH CHRIST

1. **Acquaintanceship:** informal/formal
2. **Friendliness:** conversational, informal
3. **Friendship:** faithfulness, mutual respect, commitment, self-disclosure
4. **Towards union of life:** intimacy, trust, oneness

GROWTH OF A RELATIONSHIP: EXPRESSED IN PRAYER

1. **Vocal prayer:** opens us to keep contact with Christ, e.g. Grace before meals, going to church.
2. **Reflective prayer:** opens us to allow God to speak to us, and to impact our lives; and engages our faculties — experiencing God in nature, prayerful reading of scripture.
3. **Responsive prayer:** opens our heart and feelings completely to Christ — spontaneous prayer.
4. **Contemplative prayer:** pure gift...opening us to God's presence beyond thoughts or words ---Resting in God.