

soul talk

the language of your soul

contemplative prayer

This week we want to focus on the practice of contemplative prayer. This type of prayer is about being with God. Just as we can be comforted in the presence of a friend, so it is being in the presence of God.

Here are the guidelines:

1. Choose a scripture or prayer to focus your attention on. Imagine your prayer as an invitation for God's presence to be with you all day. You're opening the door of your whole day to God.
2. Sit comfortably for a couple minutes with your eyes closed, settling into silence, taking a few deep breaths, and then turn your attention to your scripture or prayer.
3. As you begin reading, engage with your thoughts, body sensations, feelings, images, and reflections. Don't be discouraged by distractions. They are like clouds floating by. God will bring to mind later on anything that's important to your life.
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

As you go through your week, begin the first day with maybe 5 minutes of prayer. Work your way up to 10 minutes of prayer after a couple of days and 15 minutes by the end of the week. Ideally, spending 20 minutes in God's presence a couple times a day will do wonders to calm the anxiety in your soul.

Feel free to use the prayers listed, the scriptures from your outline in the program, or choose another scripture or prayer that's meaningful to you. If this is new to you, it's going to be uncomfortable at first. But the more you train your soul in this type of prayer, the more you'll come to enjoy and cherish your time with God.

the gloria

Glory to God in the highest. And on earth peace to men of good will.
We praise You. We bless You. We adore You. We glorify You.
We give You thanks for Your great glory.
O Lord God, heavenly King, God the Father almighty.
O Lord Jesus Christ, the only begotten Son.
O Lord God, Lamb of God, Son of the Father:
You Who take away the sins of the world, have mercy on us.
You Who take away the sins of the world, receive our prayer.
You Who sit at the right hand of the Father, have mercy on us.
For You alone are holy. You alone are the Lord.
You alone, O Jesus Christ, are the most high.
Together with the Holy Spirit in the glory of God the Father. Amen.

the Lord's prayer

Our Father, Who art in heaven
Hallowed be Thy Name;
Thy kingdom come,
Thy will be done,
On earth as it is in heaven.
Give us this day our daily bread,
And forgive us our trespasses,
As we forgive those who trespass against us;
And lead us not into temptation,
But deliver us from evil. Amen.

the welcoming prayer

(by Father Thomas Keating)

Welcome, welcome, welcome.
I welcome everything that comes to me today
because I know it's for my healing.
I welcome all thoughts, feelings, emotions, persons,
situations, and conditions.
I let go of my desire for power and control.
I let go of my desire for affection, esteem, approval and pleasure.
I let go of my desire for survival and security.
I let go of my desire to change any situation,
condition, person or myself.
I open to the love and presence of God and
God's action within me. Amen.