Contemplative Prayer

Resting in God
‘Be still and know that I am God’ (Psalm 46:10).

Contemplative prayer is a way of praying that allows us to experience the feeling of simply being with God, ‘abiding with God’.
is it for me?
This might suit people who are independent and patient. You might be someone who regularly finds joy in quiet time or you might want to step out of your usual path.
feeling overwhelmed and stressed
If you’re short on time, set a gentle reminder on your phone for the end of your prayer. Then choose a short, sacred phrase like ‘Here I am Lord’ as a sign that you are ready to notice God’s presence and action.
Sit comfortably, with your eyes closed, and pay attention to your breathing and your body, intentionally relaxing any areas of tension you feel.
Settle, and silently pray your sacred phrase as the symbol of your consent to God’s presence and action within you.
Have you ever just sat with someone, in a room, perhaps by the fire, totally relaxed and feeling totally at one with the other person, with no need for words, or physical contact? This is what abiding in God feels like.
Jesus tells us ‘When you pray, go to your inner room, close the door and pray to your Father in secret. And your Father who sees in secret, will reward you’ (Matthew 6:6).
If you find you are distracted by feelings, images, sensations, return gently to your sacred phrase.
Gregory the Great described this type of prayer as ‘resting in God’ - experiencing God’s presence. It helps us deepen our relationship with Christ, and moves us beyond conversation with Christ to communion with him.
When you have finished praying, gradually become aware once more of your surroundings and open your eyes to mark the end of your prayer time.
What do you notice? How do you feel? Take a moment to absorb your experience and to respond.
Want to go further?
gloucester.anglican.org/your-prayer