



CONTEMPLATIVE PRAYER

A PRACTICE FOR A PANDEMIC

A SPIRITUAL PRACTICE GUIDE BY KALEO PHOENIX

READ: MATTHEW 11:28-30, 1 JOHN 4:7-21

- 1) **5 Minutes of Silence:** Find a comfortable place to sit. Pause, and slowly begin to focus on the presence of God. Ask Jesus to join you in the wilderness.
- 2) **Reflect:** Focus on the phrase “Perfect love casts out fear” and ask God what He wants to tell you about His love.
- 3) **Read:** Matthew 11:28-30 and 1 John 4:7-21
- 4) **Response:** Come to Jesus and invite Him to tell you about His love and rest. What is He saying to you in the wilderness? Write it down.

Then invite Jesus to bring this love and rest to others. Name these people if you can.

- 5) **Stay:** Stay in that place of God’s restful presence as long as you need to. Remember, you can just listen and be with God.
- 6) **Gratitude:** End in gratitude to God... thank Him for anything and everything that comes to mind.
- 7) **5 Minutes of Silence:** Be still, and know that He is God.

