



CONTEMPLATIVE PRAYER

A PRACTICE FOR THE SEASON OF LENT

A SPIRITUAL PRACTICE GUIDE BY KALEO PHOENIX

READ: PSALM 27

- 1) **5 Minutes of Silence:** Find a comfortable place to sit. Pause, and slowly begin to focus on the presence of God.

We are still in the season of Lent. A time in which we fast and reflect on what God might teach us in the wilderness. However, we never imagined how realistic the act of joining Jesus in the wilderness, isolated, would be!

Ask the Spirit of God what He wants you to know while you are in isolation.

- 2) **Reflect:** What does it *feel* like in your life during the quarantine? (Fear, loneliness, excitement, confusion, etc). Now write down those feelings and invite God to speak to you about them during the rest of the practice.

- 3) **Read:** Psalm 27

- 4) **Response:** Breathe deep. Slow down. Breathe deep again.

My heart has heard You say, "Come and talk to me." (Psalm 27:8)

Now ask God: What are You saying to me as I join You in the wilderness?

- 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.

Wait patiently for the Lord. Be brave and courageous. Yes, wait patiently for the Lord. (Psalm 27:14)

- 6) **Gratitude:** End in gratitude to God... thank God for anything and everything that comes to mind.

Yet I am confident I will see the Lord's goodness while I am here in the land of the living. (Psalm 27:13)

- 7) **5 Minutes of Silence:** Be still, and know that He is God.

