



CONTEMPLATIVE PRAYER

# THE PRACTICE OF WAITING

A SPIRITUAL PRACTICE GUIDE BY KALEO PHOENIX

## READ: ACTS 1:6-14

- **3 minutes of silence with Jesus:** Find a comfortable place to sit with Jesus. Pause, and slowly begin to focus on the presence of God. Welcome the Spirit of God.
- **Has the Time Come?:** *So when the apostles were with Jesus, they kept asking him, "Lord, has the time come for you to free Israel and restore our kingdom?" (Acts 1:6)*
  - What are you waiting on God to accomplish in your life, your community, the world?
- **You Will Receive:** *He replied, "The Father alone has the authority to set those dates and times, and they are not for you to know. But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth." (Acts 1:7-8)*
  - "The newness begins with Jesus. Not an idea, not a principle, not even a memory, but an impossible reality, flesh and blood on the other side of death standing in front of the disciples, alive and well." (Willie Jennings)
  - "Divine instruction comes only by the Holy Spirit" and you are being formed as a **witness** by the Holy Spirit. So...
  - What is the "newness" you are anticipating as you are being formed?
- **The Practice of Waiting Part 1:** *After saying this, he was taken up into a cloud while they were watching, and they could no longer see him. As they strained to see him rising into heaven, two white-robed men suddenly stood among them. "Men of Galilee," they said, "why are you standing here staring into heaven? Jesus has been taken from you into heaven, but someday he will return from heaven in the same way you saw him go!" (Acts 1:9-11)*
  - "As he ascends, the disciples watch, and here the danger of watching becomes clear. Jesus is no action figure, no superhero to be consumed in spectacle. Watching Jesus and watching for Jesus was and is a significant temptation for his disciples. Such watching can easily undermine movement and easily undermine the priority of the journey." (Willie Jennings)
  - **Wait with intention...**
  - What are you tempted to stare at as you stand immobilized in place?
- **The Practice of Waiting Part 2:** *Then the apostles returned to Jerusalem from the Mount of Olives, a distance of half a mile. When they arrived, they went to the upstairs room of the house where they were staying. Here are the names of those who were present: Peter, John, James, Andrew, Philip, Thomas, Bartholomew, Matthew, James (son of Alphaeus), Simon (the zealot), and Judas (son of James). They all met together and were constantly united in prayer, along with Mary the mother of Jesus, several other women, and the brothers of Jesus. (Acts 1:12-14)*



- “They prepare for an unknown future, aware of a troubled past.” (Willie Jennings)
  - What do we hope, by the power of the Spirit in us, transforms in the coming year?
  - In this season of waiting, when our typical process of receiving water is being disrupted, let us pray for our roots to grow down deep into God’s love.
- **3 minutes of silence with Jesus:** Rest in the presence of Jesus and pray in the power of the Spirit that your roots will grow down deep into God’s love.
    - Continue this practice of waiting throughout the week.

