



CONTEMPLATIVE PRAYER
AN EASTERTIDE PRACTICE GUIDE #1

THE SEASON OF EASTERTIDE

5 Minutes of Silence: Find a comfortable place to sit. Pause. Take a deep breath and slowly begin to focus on the presence of God. Ask Jesus to join you.

Reflect: Imagine Jesus walking with you. You are on the road to Emmaus, leaving Jerusalem mournful and defeated. Jesus has been killed and now his body is missing.

Focus on the sensation in your heart and reflect on the question: "Didn't our hearts burn within us as he talked with us on the road and explained the Scriptures to us?"

Ask God to speak to you in prayer and Scripture.

Read: Luke 24:13-34

Respond: Sit down at the table with Jesus. Envision him blessing the bread, breaking it, and handing it to you. Receive from Jesus and recognize him. What do you see?

Invite Jesus to reveal who should join you at his table. Pray for these people to recognize the love of Jesus.

Stay: Stay in this place of Jesus' restful presence as long as you need to. Remember, you can simply listen and be with Jesus at the table, or walking along the road.

Gratitude: End in gratitude with Jesus. Thank him for anything and everything that comes to mind.

5 Minutes of Silence: Be still, and know that he is God.

