



CONTEMPLATIVE PRAYER  
**AN EASTERTIDE PRACTICE GUIDE #2**

## Read: John 20:19-31

**3 Minutes of Silence:** Find a comfortable place to sit. Pause. Take a deep breath and slowly begin to focus on the presence of God. Jesus is with you.

**Hello to you in this locked room.** (John 20:19)

- ❖ In a posture of prayer, look around the “room” of your life. Take in what you see, think, and feel. Ask yourself: Where is there *fear* in my life?

**Where is Jesus sending me?** (John 20:21-23)

- ❖ In your posture of prayer, welcome Jesus and the peace He brings.
- ❖ Ask: Where are you sending me, Jesus?
- ❖ Receive the gift of the Holy Spirit as Jesus breathes on you.

**“I won’t believe...”** (John 20:24-25)

- ❖ With Thomas in view, reflect on areas of your life where you are prone to announce, “I won’t believe unless...” Give a name to them.
- ❖ Why is it difficult for you to receive from Jesus?

**Touch the wounds.** (John 20:26-27)

- ❖ Imagine Jesus standing before you while your friends are gathered with you.
- ❖ As you see Him, He looks at you and says, *“Put your finger here and see My hands. Reach out your hand and put it in My side. Do not doubt any longer, but believe.”*
- ❖ Reflect on this encounter. Breathe in... and out.

**3 minutes of Silence:** “My Lord and my God!” (John 20:28)

- ❖ Breathe deep and proclaim along with Thomas, “My Lord and my God!”
- ❖ Rest in the presence of Jesus who came to meet you in your fear and longing to believe by letting you touch His wounds so you might receive the gift of His Spirit.

