



CONTEMPLATIVE PRAYER
AN EASTERTIDE PRACTICE GUIDE #3

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 entering the space you're in right now. He brings his peace, but you are startled and frightened.

Jesus asks, "Why are you frightened?" Process your response, your emotions, the feeling in your body.

Ask Jesus to reveal himself to you in prayer and Scripture.

Read: Luke 24:35-53

Respond: Look at the hands of the risen Jesus. Look at his feet. Lean in closer, enclose Jesus in a hug. Listen to him as he asks, "Why is your heart filled with doubt?"

What rises to the surface of your inner life? Write it down.

Watch Jesus eat the bread and fish. Listen intently as he teaches, "that the Messiah would suffer and die and rise from the dead on the third day... there is forgiveness of sins for all who repent."

Stay: Stay in this room and posture with Jesus. Listen as he promises, "now I will send the Holy Spirit." Stay in this room and posture and let your spirit grow in anticipation for "the Holy Spirit to come and fill you with power from heaven."

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.

