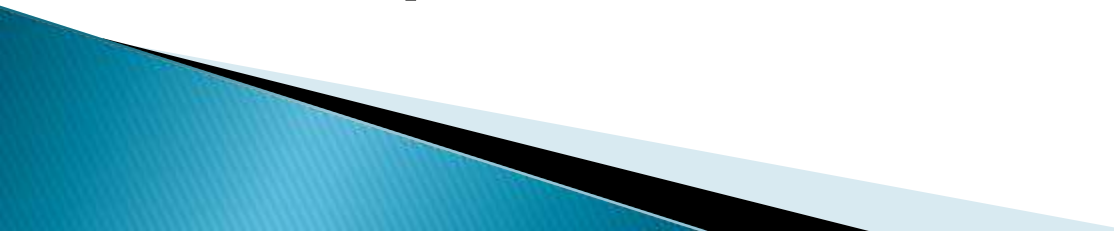


CONTEMPLATIVE PRAYER



By Eric Pazziuagan

Outline:

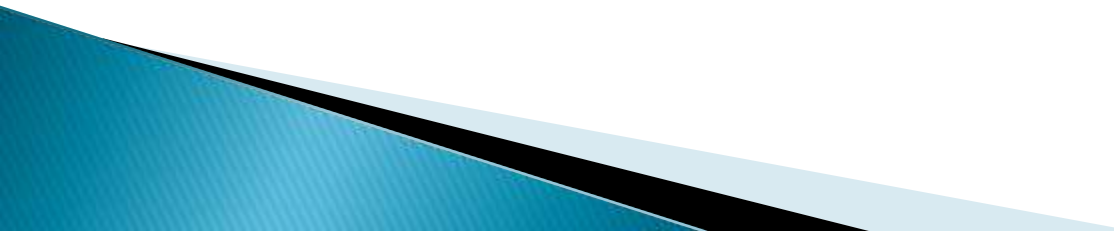
1. Introduction: A Call to Prayer
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A CALL TO PRAYER

Are you restless?

Do you feel empty?

**Are you seeking for
happiness?**



Inner restlessness is
part of the human
condition.

Many people are confused by these inner longings and try to escape through constant noise and activity.



Some even resort to suicide in order to escape...

- ▶ People often do not realize that their anguish is in the spirit, and that the death of the body will not eliminate their suffering, because the spirit, like God, is infinite...

“Our hearts were
made for Thee,
O Lord, and they
will be restless
until they rest in
Thee...”

– St. Augustine





**“Behold, I
stand at the
door and
knock.”**

(Rv. 3:20)

“When you pray, go to your private room and, when you have shut your door, pray to your Father who is in that secret place.”

(Mt. 6:6)

“Make your home in Me as I make Mine in you.”

(Jn. 15:4)

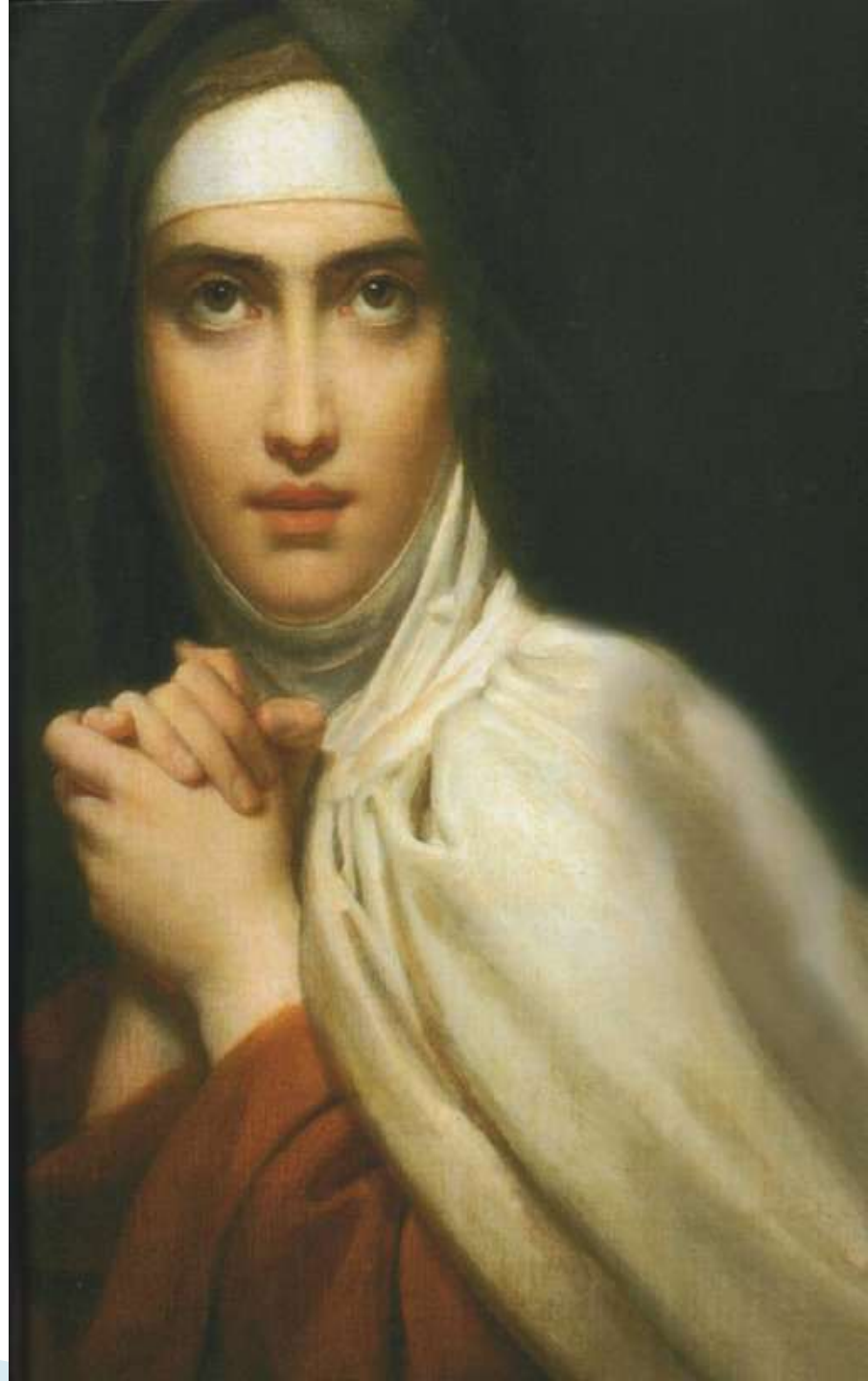


WHAT IS CONTEMPLATIVE PRAYER?



**“Contemplative prayer
in my opinion is
nothing else than a
close sharing
between friends; it
means taking time
frequently to be alone
with Him whom we
know loves us...”**

**– St. Teresa of Jesus
(of Avila)**





**Contemplative prayer
seeks Him “whom my
soul loves.”**



Contemplative prayer is the prayer of the child of God, of the forgiven sinner who agrees to welcome the love by which he is loved and who wants to respond to it by loving even more.

“I understand that love
comprised all vocations,
that love was
everything, that it
embraced all times and
places...in a word, that
it was eternal! Then in
the excess of my
delirious joy, I cried out:
O Jesus, my Love...my
vocation, at last I found
it...MY VOCATION IS
LOVE!”

– St. Therese of Liseux

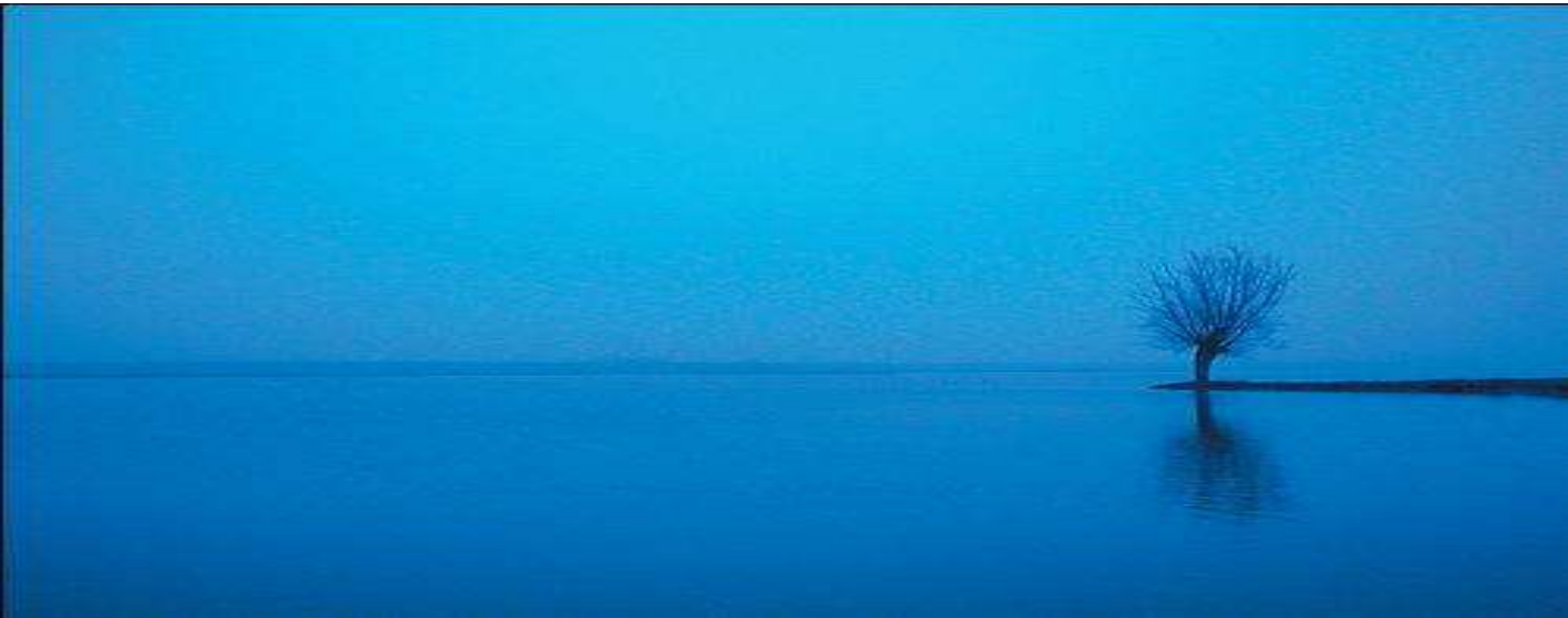


Contemplation is gaze of faith, fixed on Jesus.

“I look at Him and He looks at me..”

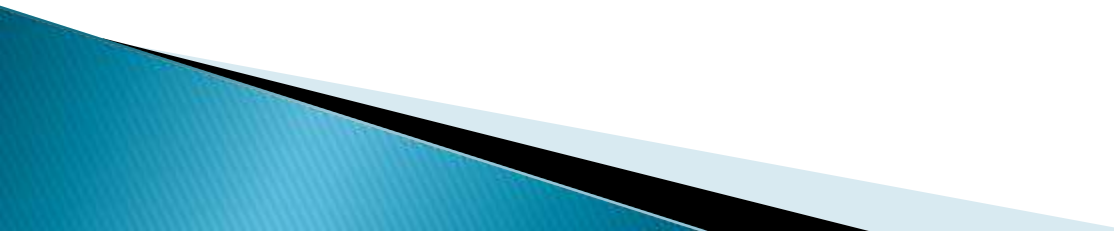


**Contemplative prayer is
silence, the “symbol of the
world to come” or “silent
love.”**



Friends and acquaintances often engage in “small talk” but when two people have a deep love for each other, it is enough to just be together in silence, sensing the other’s presence.

There is no need for words because there are no words.



“The love of
silence leads to
the silence of
love.”

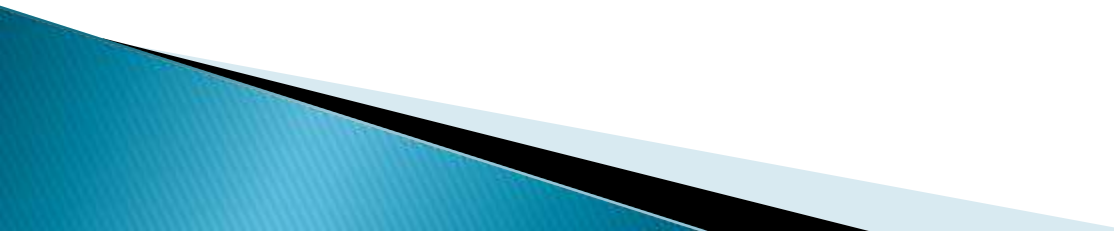
–Bl. Elizabeth of the
Trinity



**“Be still and know that I am God.”
(Ps. 46:10)**



If we learn to “listen with our hearts” we gradually come to know God’s will for us. In silent, expectant waiting, we try to learn God’s plan, not convince Him of ours.



“Enough for me to keep my soul
tranquil and quiet like a child in its
mother’s arms.” (Ps. 131:2)

“I sleep but my heart watches.”
(Sg. 5:2)



Contemplative prayer is hearing the Word of God.

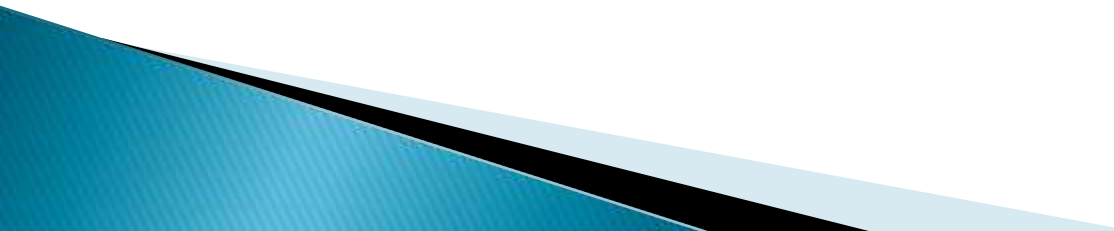


Contemplative prayer is a union with the prayer of Christ insofar as it makes us participate in His mystery.

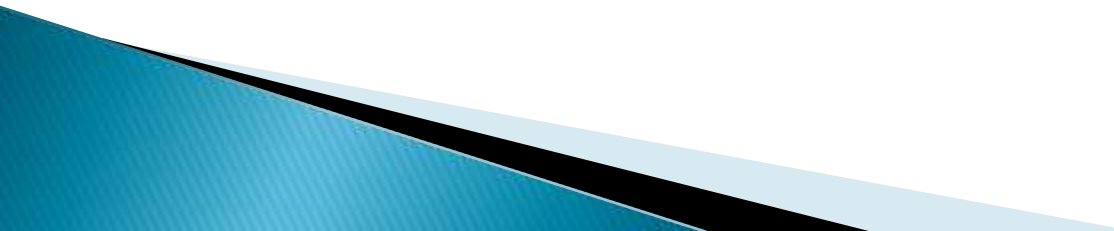
Contemplative prayer is the simplest expression of the mystery of prayer.

It is a gift, a grace; it can only be accepted only in humility and poverty.

Contemplative prayer is a communion in which the Holy Trinity conforms man, the image of God, “to his likeness.”



Contemplative prayer is a communion of love, bearing Life for the multitude, to the extent that it consents to abide in the night of faith.



EXAMPLES OF CONTEMPLATIVE PRAYER



The Holy Rosary

The Lectio Divina

Listening to the texts of the Bible as if one were in conversation with God and God were suggesting the topics for discussion.



CENTERING PRAYER:

A preparation for
contemplation

What is centering prayer?




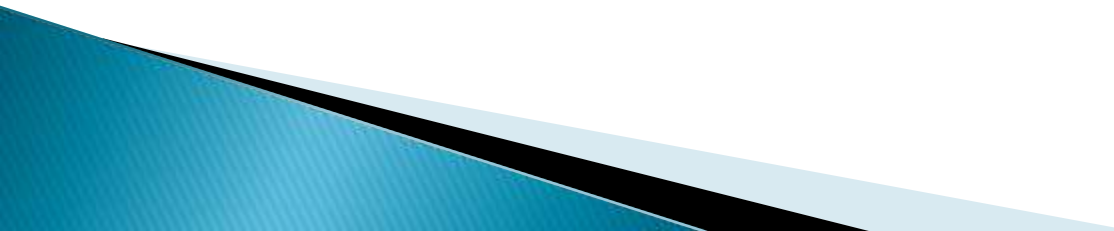
It brings us into the presence of God and thus fosters the contemplative attitudes of listening and receptivity.



**It is a preparation for
contemplation by reducing the
obstacles caused by the
hyperactivity of our minds and
our lives.**

GUIDELINES FOR CENTERING PRAYER:

1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within.
 2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.
- 

3. When you become aware of your thoughts, return ever-so-gently to the sacred word.
 4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.
- 

“That is why I am going to lure her.
I will allure her. I will lead her into
the desert and speak to her
heart...I will make a covenant. I will
espouse you to Me forever. I will
espouse you in love and mercy. I
will espouse you in fidelity and you
shall know (experience) the Lord.”

(Ho. 2:16)





THANK YOU
VERY MUCH