

# *Growing Spiritually as an Elder*

## *Contemplation Prayers*



Disciples *Contemplative prayer is the prayer of resting in the presence to God. Below are several suggestions to experience this resting posture.*

 Pray

- 1) Light a candle and watch the flame dance as the spirit dances in your life. Release any thoughts other than the awareness of God's burning presence in your heart.
- 2) Look into the eyes of a photograph or a person and see the love of God. Let the awareness of that love wash over you and release all else that comes into your thoughts.
- 3) Listen to music and allow the words to ring in your mind. Concentrate on them fully. Use music without words and feel the music in you. Know that God is present in the sound and the silence underneath it and rest in that awareness.
- 4) Look at an artwork and try to let its beauty be all that you see. Observe it as a gift from God and let only that art be in your awareness.
- 5) Sit near running water or next to wind chimes and let the sound remind you of the spirit flowing in your life. Listen only to that sound and the silence under that sound.
- 6) Light a candle or incense and allow the fragrance to be the presence of God for you. Let it envelop you and focus on the gift that it is in God's world.
- 7) Use a cross or other religious symbol as a focus point and release all other ideas.
- 8) Take a walk and allow your eyes to rest in one place. See only that place and how you see God's presence in that view. Another way to do this is to sit some place and then open your eyes. Whatever the first thing you see is your gift. Concentrate on that thing/item and see God in it. Use it as a metaphor and seek what God may tell you through it.

