

# Prayer 101

Finding the Heart's True Home

# Meditative Prayer

- In Meditative Prayer the Bible ceases to be a quotation dictionary and becomes instead “wonderful words of life” that lead us to *the* Word of Life. (146)
- Bonhoeffer, “Just as you do not analyze the words of someone you love, but accept them as they are said to you, accept the Word of Scripture and ponder it in your heart, as Mary did. That is all. That is mediation.” (146)

“Remember, in Meditative Prayer God is always addressing our will. Christ confronts us and asks us to choose. Having heard his voice, we are to obey his word. It is this ethical call to repentance, to change, to obedience that most clearly distinguishes Christian meditation from its Eastern and secular counterparts. In Meditative Prayer there is no loss of identity, no merging with the cosmic consciousness, no fanciful astral travel. Rather, we are called to life-transforming obedience because we have encountered the living God of Abraham, Isaac, and Jacob. Christ is truly present among us to heal us, to forgive us, to change us, to empower us.” (149)

# Contemplative Prayer

- In its most basic and fundamental expression, Contemplative Prayer is a loving attentiveness to God. We are attending to him who loves us, who is near to us, and who draws us to himself. (158)
- What is the goal of Contemplative Prayer? To this question the old writers answer with one voice: union with God. (159)

- While union is entirely a work of God upon the heart, there are two vital preparations from our side of the equation: love of God and purity of heart.
- Three Steps into Contemplative Prayer:
  1. Recollection: recollecting of ourselves until we are unified or whole.
  2. Prayer of Quiet: At the center of our beings we are hushed.
  3. Spiritual Ecstasy: have a continuous openness and receptivity for the Spirit to rest upon us.