

Live Not Lukewarm: Praying with Scripture

What is Contemplation?

It is entering into scripture, seeking Jesus and going where he leads us. It is allowing the Holy Spirit to reveal truths about ourselves. It is wordless. It is divine; a way to receive grace.

From the Catechism

2713 Contemplative prayer is the simplest expression of the mystery of prayer. It is a gift, a grace; it can be accepted only in humility and poverty. Contemplative prayer is a covenant relationship established by God within our hearts. Contemplative prayer is a communion in which the Holy Trinity conforms man, the image of God, "to his likeness."

2714 Contemplative prayer is also the pre-eminently intense time of prayer. In it the Father strengthens our inner being with power through his Spirit "that Christ may dwell in (our) hearts through faith" and we may be "grounded in love."

2715...Contemplation also turns its gaze on the mysteries of the life of Christ. Thus it learns the "interior knowledge of our Lord" the more to love and follow him. *(quote from St. Ignatius of Loyola)*

1. Bless yourself and begin with a prayer
 - a. Sit in silence, placing yourself in the presence of God, settle your mind and soul
2. Read the scripture passage
3. Sit in silence for a few minutes; try not to think so much but to sense or feel the presence of Jesus. In your mind's eye, see Jesus; see him looking at you. What does he say to you? Let the Holy Spirit lead the prayer.
4. As you practice this prayer, sit for longer periods of time
5. End with a prayer of thanksgiving
6. Journal your encounter; even a few sentences help to process what occurred

Scripture Passages

Luke 19:1-10

Psalm 42:1-8

John 15:1-11