

A photograph of a sunset over the ocean. The sky is filled with soft, wispy clouds in shades of orange, red, and purple. The sun is low on the horizon, creating a bright glow. The water in the foreground is dark and calm. On the right side, there is a dark silhouette of a building or structure.

contemplative

PRAYER

Resting in God



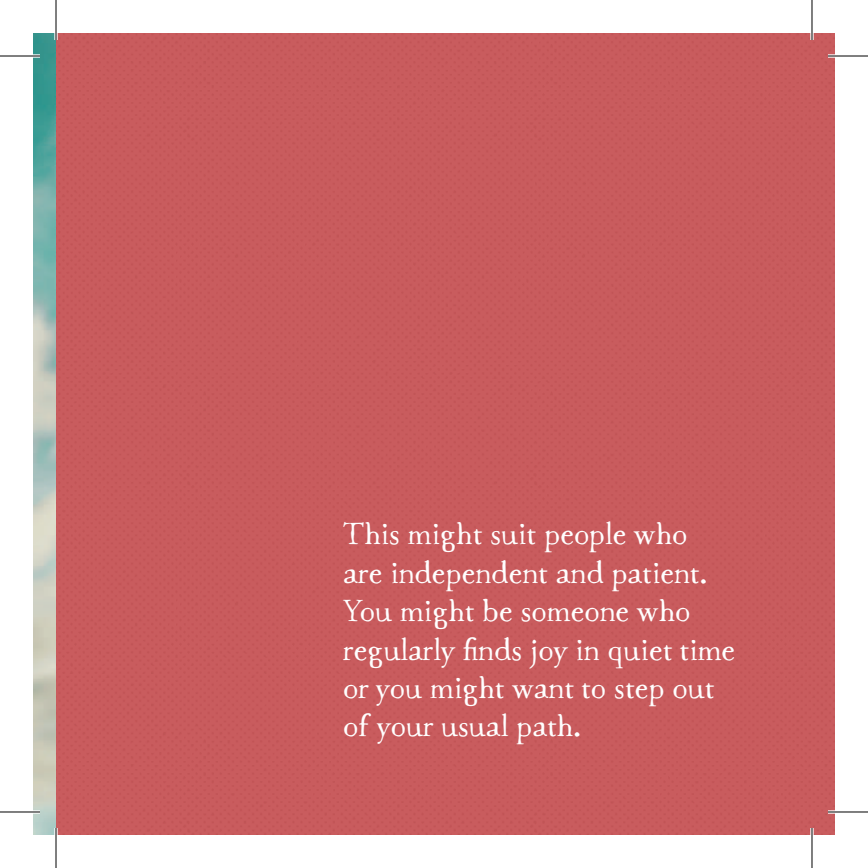


‘Be still and know that I am God’
(Psalm 46:10).

Contemplative prayer is a way
of praying that allows us to
experience the feeling of
simply being with God,
‘abiding with God’.

A man with a beard, wearing a black baseball cap and a red t-shirt, is shown in profile from the chest up. He is looking upwards and to the right against a bright, cloudy sky. The text "is it FOR ME?" is overlaid on the left side of the image in a white, hand-painted font. The word "is" is lowercase, "it" is lowercase, "FOR" is uppercase, and "ME?" is uppercase. The text is arranged in three lines: "is it" on the top line, "FOR" on the middle line, and "ME?" on the bottom line. The background is a bright, slightly overexposed sky with soft white clouds. The man's face is partially in shadow, and the lighting suggests a bright, sunny day. The overall mood is contemplative and hopeful.

is it
FOR
ME?



This might suit people who
are independent and patient.
You might be someone who
regularly finds joy in quiet time
or you might want to step out
of your usual path.

A person wearing a red beanie and dark clothing is sitting on a dark, reflective concrete floor against a grey concrete wall. They are hunched over with their head buried in their arms, suggesting a state of distress or exhaustion. The wall has a horizontal crack and a small electrical outlet. The overall mood is somber and contemplative.

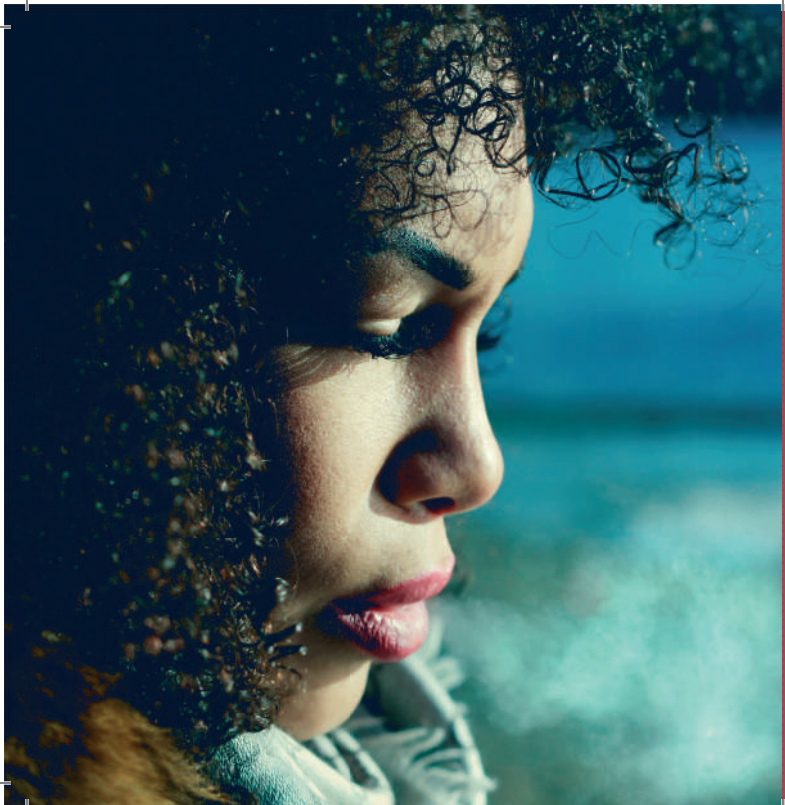
feeling

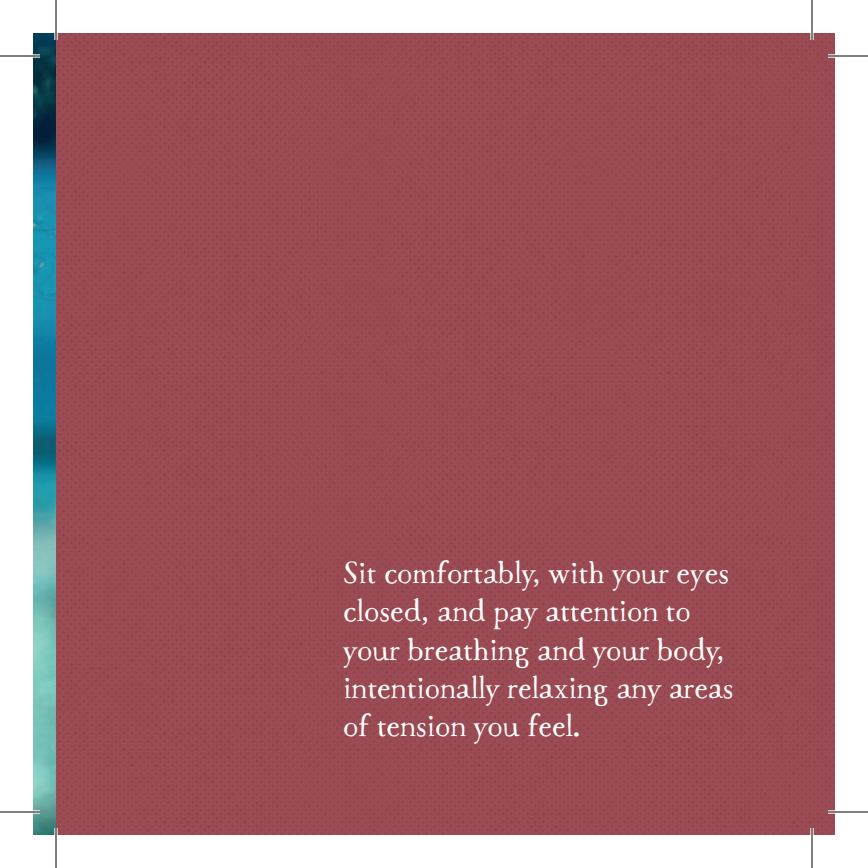
OVERWHELMED

and

STRESSED


If you're short on time, set a gentle reminder on your phone for the end of your prayer. Then choose a short, sacred phrase like 'Here I am Lord' as a sign that you are ready to notice God's presence and action.






Sit comfortably, with your eyes closed, and pay attention to your breathing and your body, intentionally relaxing any areas of tension you feel.





Settle, and silently pray your sacred phrase as the symbol of your consent to God's presence and action within you.

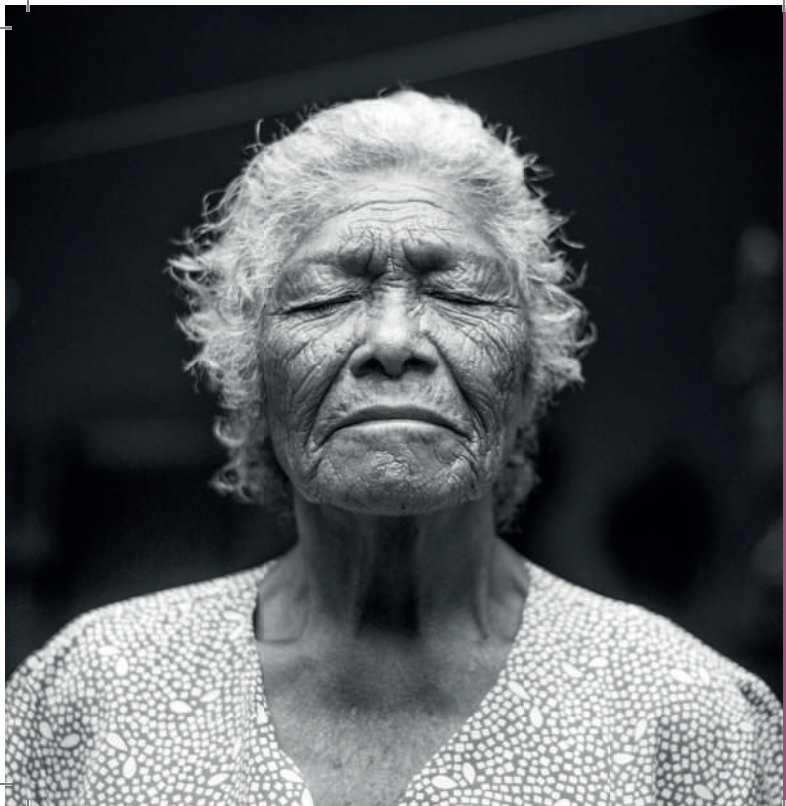




Have you ever just sat with someone, in a room, perhaps by the fire, totally relaxed and feeling totally at one with the other person, with no need for words, or physical contact? This is what abiding in God feels like.



Jesus tells us 'When you pray, go to your inner room, close the door and pray to your Father in secret. And your Father who sees in secret, will reward you' (Matthew 6:6).



If you find you are distracted
by feelings, images, sensations,
return gently to your sacred
phrase.



Gregory the Great described this type of prayer as 'resting in God' - experiencing God's presence. It helps us deepen our relationship with Christ, and moves us beyond conversation with Christ to communion with him.



When you have finished praying, gradually become aware once more of your surroundings and open your eyes to mark the end of your prayer time.



What do you notice? How do you feel? Take a moment to absorb your experience and to respond.

Want to go further?
gloucester.anglican.org/your-prayer



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