

# Contemplative Silent Prayer

**RELAX** and take two or three deep breaths

For the next \_\_\_\_\_ minutes be still and be present with God. Be attentive before Him. Let all other agendas, thoughts, and cares drift by. Quietly let go of the inner noise that is normally present within, letting it pass by unattended. For the next few minutes be intentionally attentive to God's presence in inner quietness and silence. Simply be present with God.

**TRUST**

Let this be a time of resting in God, consenting to His presence and action within. This is God's time to do His work within you recalling that our faith rests in God and not in our senses. His work may happen silently and beyond our immediate awareness. You may not sense His workings within with your thoughts or feelings. Trust that He is at work in the depths nonetheless.

**BEGIN**

Rest in His care

**END**

Take a deep breath and quietly return to your normal awareness.

**MEDITATE** on these selections from Scripture

**Psalms** 37:7—"Be still in the presence of the Lord and wait for him to act." Ps 46:10—"Be still and know that I am God." Ps 62:1, 5—"I wait quietly before God,...Let all that I am wait quietly before God..."

**Proverbs** 20:12—"Ears to hear and eyes to see—both are gifts from the Lord." **Isaiah** 28:12—"God has told his people, 'There is a place of quiet rest.'" Isa 30:15—"Only in returning to me and resting in me will you be saved. In quietness and confidence is your strength." Isa 32:18—"My people will live in safety, quietly at home. They will be at rest." **Ephesians** 3:19—"May you experience the love of Christ, though it is too great to understand fully." **Philippians** 4:7—"Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." **Hebrews** 4:1—"God's promise of entering his rest still stands today... :3 this rest has been ready since he made the world..."

**RESUME** your day-to-day activities

See <http://www.ehcounseling.com/materials> under "SPIRITUALITY"