

Contemplative Prayer

Contemplative prayer is a prayer of silence, prayer of the heart, being alone with God and resting in His love.

Jesus practiced contemplative prayer to know the true love of God.

“Filled with the Holy Spirit, (He) returned from the Jordan and was led by the Spirit into the desert for 40 days” (Luke 4:1)

How to Practice Contemplative Prayer

Prepare Your Space & Time

Find a quiet spot, silence your phone, and set a short timer (even 5-10 minutes to start).

Adopt a Posture

Sit comfortably with a straight but relaxed back, hands open on your lap, eyes closed, signifying a receptive posture.

Choose a Prayer Word/Phrase

Select a short, simple word or phrase (e.g., “Maranatha,” “Jesus,” “Abba,” “Lord, have mercy,” “Love”) that resonates with you.

Introduce the Word

Gently introduce the word or phrase in your mind as you begin to breathe.

Focus & Let Go

With each breath, silently repeat the word or phrase, using it as an anchor for your attention.

Gently Return

When thoughts or distractions arise (they will!), gently bring your focus back to your word and your breath without judgment.

Rest in God’s Presence

The goal isn't to stop thinking but to consent to God's presence, allowing yourself to be drawn into silence and His love, listening more than speaking.

End in Gratitude

Thank God for the time, gently bringing your awareness back to your surroundings.