

1. Introduction

KEY VERSE: *“On earth as it is in heaven” – Matthew 6:10*

In this session, we’ll discover how spending time with God in silence can enrich our relationship with Him.

2. Watch the Video

Bible passages: Psalm 19, Psalm 62, Psalm 46, 1 Thessalonians 5, Matthew 6:6, Isaiah 6, Psalm 1

Summary points:



Contemplative prayer is silent enjoyment of God’s loving presence.



The contemplation journey has 3 stages:

Meditation: “Me and God”

Contemplation: “God and me”

Communion: “only God”

3. Discussion Questions

1. What did you find most helpful or most challenging in the video?

2. What is your initial reaction to the practice of contemplation? Does it excite you, scare you or bore you?

Study Guide Session 6: Contemplation

“It’s not how much we do but how much love we put into the actions that we do.”

3. How does this quote from Mother Teresa challenge our culture’s attitude to social justice or practical action?

4. It can be difficult to make time to pause and contemplate God. What rhythms could you put in place to grow this type of prayer in your life?

4. Do It

As a group, stop to practice contemplation:

“We are seeking to focus our minds fully on Jesus”.

Encourage everyone in your group to sit quietly and comfortably and take time to be still. Group members could quietly reflect on a Psalm, such as Psalm 19, if they like..

Toolshed Resources: Why Pray?

These can be found at www.prayercourse.org/toolshed or the church website www.alnessbc.org.uk

- Silent Prayer
- How to Take a One Day Retreat
- How to Undertake a Pilgrimage