

# Contemplative Prayer

By Thelma Nambu and Peggy Giacometto

## Part 1: Contemplative prayer exercise using prayer stations

- Individual Prayer Time
- Group Process

## Part 2: What is contemplative prayer? (Peggy)

- Listening to God's Voice
- Praying the Scripture and Waiting on the Lord
- Responding to His Voice

## Part 3: Contemplative Prayer Practice in Samaritana (Thelma)

- How contemplative prayer is done in Samaritana as a community
  - Practiced regularly – daily in the morning/afternoon, monthly protracted times of prayer
  - Practiced communally
  - Incorporates solitude and silence
  - Involves listening to Scriptures
    - We let the Word soak in our hearts, more than analyze it with our head.
    - We adapt ancient practices of *lectio divina* and imaginative prayer, and responsive reading of the Psalms.
    - We use the lectionary to guide our readings.
      - Uses Taize songs
      - Uses of meditation guide, symbols, and/or prayer stations during our monthly prayer
      - Includes sharing in small groups after solitude during monthly prayer
      - Observes the major seasons in the church calendar like Advent, Christmas, Lent and Easter
- What Samaritana women say about our communal contemplative prayer practices
  - Helps me to put God first in my schedule, making up when I fail to do it at home
  - A time to express my thanksgiving in the morning
  - Allows me to pray for guidance as I start the day and as I prepare to go home
  - Lightens my spirit and feelings, eases my tension
  - Enables me to pray fervently - speaking to God what is really in my heart, praying for my family, confessing my sins
  - Learn so much from God's Word
    - Broadens my understanding
    - Able to 'feel' the Word of God
    - Helps me with my problems
    - Helps me to face the good and bad in me – helps me to change such as how I speak; God helps me to be more patient with others, respect others, accept my failures
    - Strengthens my spiritual life and relationship with God – I become more aware of God's presence; He is still there even when I sin
    - Helps me to accept my past