

Time of Contemplation and Healing Prayer

During Lent, we will offer a “Time of Contemplation and Healing Prayer” on Thursday, March 5th, and Thursday, March 19th. Both will be at 5:30 pm and last 30-40 minutes. This time can be a way to enhance our relationship with our Creator and Savior.

Have you ever heard about Contemplative or Centering Prayer? Do you have any idea what it’s all about? There probably are many theological answers, but in layman's terms, the answer might be that it consists of a couple of themes. It is a time to quietly contemplate your relationship with God through prayer to Him. And, more importantly, it is a chance to spend time listening to what He wants to tell you or have you hear.

The general way this can be done by a group is by meeting in a quiet, serene, and comfortable place. Think of the Church Chapel or Sanctuary. The time often opens with a short prayer and soft music, followed by 10-15 minutes of quiet time spent praying and feeling God’s presence. It may seem like this is a long time to sit quietly in prayer, but it gets easier and more special the more you do it. A spoken prayer by the leader or saying the Lord’s Prayer together can bring an end to the quiet time.

Listening to God.....this is probably the most difficult thing for any of us to do. If we sit quietly, often our heads are filled with all sorts of thoughts from our lives and the world. One technique to help when your mind wanders, which often happens, is to have a word or phrase to recite in your mind to refocus your thoughts. Examples can include “I Love You Lord”, “Holy One”, or “Abba”, which, when spoken in your mind, drives those wandering thoughts away and centers us back on the Lord.

In listening, it’s not the volume of ideas or thoughts that God gives you during this time that’s important, but the quality of His Voice or Word. It may only be one word placed in your heart that you feel God meant for you to know.

This time of quiet prayer often leads to intercessory prayers for people or situations. We will offer time at the end of the service for prayers and also have Prayer Ministers available to pray for any needs or petitions, together as a group or in confidential time with the Prayer Ministers.

We pray you will join us for this special time to connect more closely with our Lord Jesus Christ, His Father, and the Holy Spirit.