



# CONTEMPLATIVE PRAYER

Contemplative prayer is the practice of deep listening to better connect ourselves with the divine presence of God.

During this type of prayer, you enter into heart centered knowing, where heart, mind, soul, and senses are open to receive the present moment as it is, without judgement.

It is a prayer of silence, where no words are required. Simply open yourself to God's love and your love for God.





# Contemplation

Before you begin, choose a sacred word  
that is the symbol of your intention

Let go of all expectations

Sit in silence, open to God's  
love and presence

Begin with 5-10 minutes, increasing  
to 20 minutes as able

Allow your thoughts to come and go  
without holding on to them

As thoughts arise,  
ever-so-gently bring your mind  
back to your sacred word



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