

## **What is Christian Contemplation?**

Christian Contemplation is the practice of being fully present with God (what is Divine), trusting that through what you are seeing and experiencing, God is revealing Himself to you in a profound way.

It involves moving from active (verbal) prayer to passive receptivity, where we allow God to work in our minds and hearts, without striving, and without effort.

Let go of any distractions and rest in this quiet communion.

### **Living The Contemplative Way – Seeing as The Christian Mystics See**

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1. Paying attention - with all your senses
2. Looking/Listening beyond the surface to recognise/hear the divine
3. Reflecting on what this means to you, and for you
4. Resting – in what you know is most precious, most real in your life
5. Responding - Consider how your experience of the practice inspires you to live. This could involve journaling, sharing your reflections with others, or taking an action in your daily life based on the insights you received.