

## Session 6:

# Contemplation

## Small Group Study Guide

### 1. Introduce the session

5 minutes

#### 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.
  - Begin the session by opening in prayer.
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### 2. Watch the Video

25 minutes

#### Bible passages

Psalms 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”

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### 3. Discussion Questions

15 minutes

- Q. What did you find most helpful or most challenging in the video?
- Q. What is your initial reaction to the practice of contemplation? Does it excite you, scare you or bore you?

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

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

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### 4. Do it

15 minutes

As a group, stop to practise 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.

#### **Leader’s note**

Remember, the aim of your time is to individually engage with God in silence, not praying together. Allow enough space and time for this to happen – don’t rush it. At the end of your time together, you might like to share your thoughts and reflections on the time and how it felt.

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## Toolshed resources: Contemplation

These can be found at [prayercourse.org/toolshed](https://prayercourse.org/toolshed)

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