

Intercessory Contemplative Prayer Practice for Centering Prayer

I Three guidelines for a practice of contemplative intercessory prayer:

- (1) Let your intercessory contemplative prayer flow from Centering Prayer. Do this by practicing it after the end of your Centering Prayer period, as a “bridge” out of silence and stillness into intentional speech and action.
- (2) Prior to beginning Centering Prayer, affirm your intention for the contemplative journey by consenting to:
 - God’s presence: God is present as the ground of Being. Present as the basic goodness of human nature and life. Present in the needs, the people, the events you are praying for.
 - God’s action: God is acting through the purification of our prayer and life. Acting through the healing of our challenges, as well as through the challenges themselves. Acting through the needs, the people, the events you are praying for.
 - God’s mystery: we can’t fully know or intellectually understand God, or the effects of our prayer.
- (3) Affirm the words of your contemplative petition with intention, purpose and willingness, allowing your actions to flow from your prayer. Remember to let your petition flow from and into Being, in relationship with your personal sense of God; grounded in your humanity, and surrendered into trust and mystery.

(adapted from Heart Intention; heartintentionpractice.com)

II Become more aware of the subtlety of contemplative intercessory prayer. Some subtle contemplative effects that might arise in you, or in those you are praying for:

- * In Body - Felt consolations, sensations, inner resting that anchors you in hope (listen to your body)
- * In Heart - Movements of compassion, willingness, consent, love (listen to your heart)
- * In Mind - Insights, movements of trust, connections with scripture, faith (listen to your trust)
- * In Being - New acceptance – inner peace, lack of resistance
- * In Active Life: New or renewed actions associated with a petitionary prayer (service) –a grounded Doing, from Being & trust, in regards to the need you are praying for (listen to activity)
- * In the object of your prayer: any changes in the person, event, situation, need (it may take years for us to notice a change, if we see any tangible effects at all)
- * In relationship with God (listen to God)

III. As a way of getting started with contemplative petitionary prayer, you can journal for a little while to become more aware of – and trust in – its subtle effects. For example, at the end of your prayer period (or at the end of the day) briefly note your petitionary prayer and any contemplative affects you are aware of. Then check-in, reminding yourself to let go of any attachment to - or even any lingering awareness of - these effects, surrendering them to God, the source of everything.

My Contemplative Prayer Petitions

Contemplative Effects

Letting Go of Awareness of Effects

Amen, thank you, God