



# THE SPIRITUAL JOURNEY

Formation in the Christian Contemplative Life

## 90: Prayer in Secret: Matthew 6:6, Part 2 (cont.)

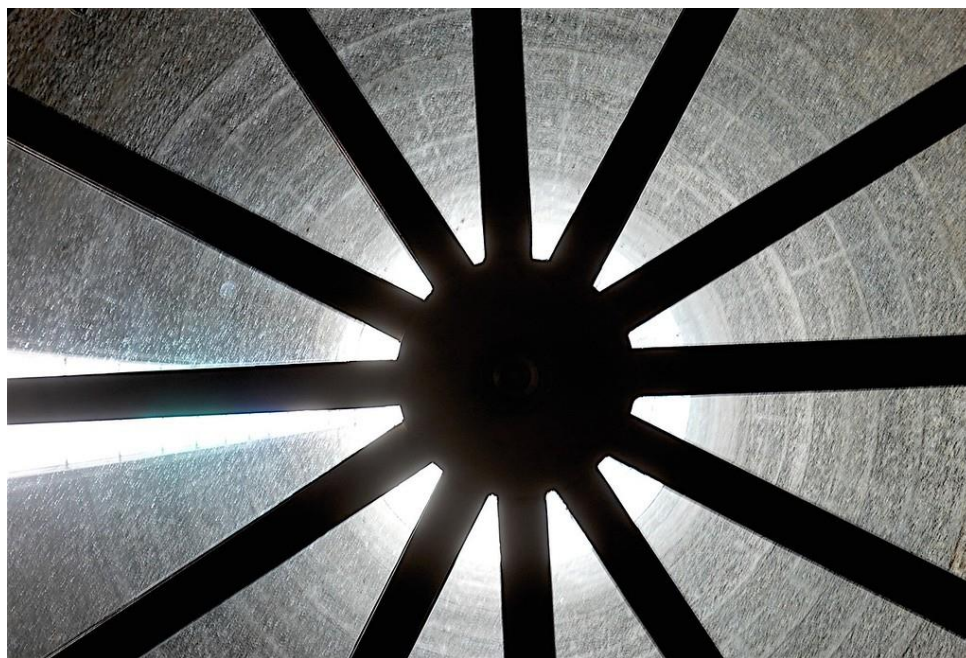


Photo by Ron Barnett

*I give thanks to my God at every remembrance of you,  
praying always with joy in my every prayer  
for all of you,  
because of your companionship ...  
from the first day until now.  
I am confident of this,  
that the one who began a good work  
in you will continue to complete it ...  
- Cf Philippians 1:3-11*

"We have to be patient in rolling back those habits of always reflecting on what comes to mind and little by little this is the discipline of Centering Prayer. It's primarily a relationship, a search for the deep knowledge of God, but without trying too hard because we believe that God is already here.

"...All you need to do is relax and you're in the middle of God. You can't get away from God. There's no place to go because wherever you go, as the psalmist says, he'll be there ahead of you. And if you go to the ends of the sea, the ends of the universe, the ends of creation, he's there ahead of you saying, 'Well, where have you been? I've been here all the time. Hello.'

"...We need [this]...experience of love which penetrates all darkness."  
-Thomas Keating, from the Session 89 video

### **A Meditation**

'Let there be light' is the transcendent creative light that is present as the basic energy of everything that exists (see Genesis 1:1)... It is that light that is the source of the spiritual nature of our being. It is that light that dwells in us as our inmost...nature.

...In order to cultivate the light, a practice of relating to God at the level that can access this spiritual light... The journey into the light...is to make us aware of the height, length, breadth, and depth of the love of Christ." (Eph. 3:18)  
-Thomas Keating, *Consenting to God As God Is*

### **To Practice**

- Can you sense the height, length, breadth, and depth of divine love for you?

### **Notes and Reflections:**