

Contemplative Prayer

Step 1: Choose your bible verse to focus and meditate on during this session.

Step 2: Find a comfortable place to sit and close your eyes or soften your gaze.

Step 3: Inhale through your nose for a count of 5 and exhale through your nose for a count of 7

Step 4: Continue deep breathes for 3-5 minutes

Step 5: Imagine the sky in your mind and allow your thoughts to flow like clouds through the sky. Do not focus on any one thought but just notice it and acknowledge and allow it to continue on its path.

Step 6: Recite your bible verse. Keep your thoughts only focused on that one verse.

Step 7: If your mind attempts to wander, bring it back to your verse and your breath continuing the inhale of 5 and exhale of 7.

Step 8: After a few minutes meditating on your chosen verse, turn your mind toward contemplation.

Step 9: Ask God what he would like to share with you today.

Step 10: Write down what he has spoken to you.