

Download Contemplative Prayer

Father Meninger takes a limited time each year from his silent monastic life to travel the world and teach contemplative prayer. His book, *The Loving Search For God* is an effort to bring the message of *The Cloud of Unknowing* to men and women of the 21st Century. Contemplative prayer begins with "centering prayer," a meditative practice where the practitioner focuses on a word and repeats that word over and over for the duration of the exercise. The purpose is to clear one's mind of outside concerns so that God's voice may be more easily heard. Centering Prayer is a method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. Research: Contemplative Prayer. Contemplative Prayer is a prayer of silence, an experience of God's presence as the ground in which our being is rooted, the Source from whom our life emerges at every moment. . . . Contemplative Prayer is the opening of mind and heart – our whole being – to God, the Ultimate Mystery, beyond thoughts, words and emotions. Contemplation/theoria (illumination) In the Orthodox Churches, noetic prayer is the first stage of theoria. Theoria proper is the vision of God, which is beyond conceptual knowledge, like the difference between reading about the experience of another, and reading about one's own experience. In the Roman Catholic Church, . . . Contemplative Prayer— A mystical prayer practice that leads one into the "silence" but in actuality leads away from God. Definition of Contemplative Spirituality: a belief system that uses ancient mystical practices to induce altered states of consciousness (the silence) and is often wrapped in Christian terminology; the premise of contemplative spirituality is pantheistic (God is all) and panentheistic (God is in all). Contemplative Prayer. Contemplative Prayer is a prayer of silence, an experience of God's presence as the ground in which our being is rooted, the Source from whom our life emerges at every moment. . . . Contemplative Prayer is the opening of mind and heart – our whole being – to God, the Ultimate Mystery, beyond thoughts, words and emotions. Contemplative Prayer is not Biblical prayer at all, rather it is a type of mystical meditation leading the mind into an altered state of consciousness. It goes beyond thought, providing an experiential union with so-called God or with nature producing body sensations, feelings, images, and reflections. Contemplative Prayer, also called Centering Prayer or Listening Prayer, has been taught by Roman Catholic monks Thomas Merton, Thomas Keating, and Basil Pennington, as well as by Quaker Richard Foster, and is being advocated by many others. There is no one authority on this method, nor is there necessarily a consistent teaching on it, . . . Are "contemplative prayer" and other "spiritual disciplines" part of a "New Age" plot to subvert the church? Should I steer clear of these practices? My church recently launched a class in "spiritual formation." I was excited when I learned of this opportunity because I'm hungry to know the Lord in a deeper, more personal way.