

Theme & Passages	Prayer: Contemplation Psalm 19, Psalm 62, Psalm 46, 1 Thessalonians 5, Matthew 6:6, Isaiah 6, Psalm 1	Notes prepared by Caroline Oliveira & Dan Commandeur
Preparation	In order to play the video, you will need a TV or computer screen that everyone can see and an internet connection.	
Welcome (5 mins)	How comfortable are you with silence?	
Introduction (5 mins)	<p>Read today's key verse: "On earth as it is in heaven" – Matthew 6:10</p> <ul style="list-style-type: none"> 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. 	
Video (20 mins)	<p>Watch this 20 minute video: https://www.youtube.com/watch?v=gckvmhz_6FQ</p> <p>Summary points:</p> <ul style="list-style-type: none"> Contemplative prayer is silent enjoyment of God's loving presence. The contemplation journey has 3 stages: <ul style="list-style-type: none"> Meditation: "Me and God" Contemplation: "God and me" Communion: "only God" 	
Discussion (20 minutes)	<p>Discuss the following questions:</p> <ul style="list-style-type: none"> What did you find most helpful or most challenging in the video? What is your initial reaction to the practice of contemplation? Does it excite you, scare you or bore you? <p style="text-align: center;">"It's not how much we do but how much love we put into the actions that we do."</p> <ul style="list-style-type: none"> How does this quote from Mother Teresa challenge our culture's attitude to social justice or practical action? 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? 	
Do it (15 mins)	<p>As a group, stop to practise contemplation: "We are seeking to focus our minds fully on Jesus".</p> <p>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.</p> <p>*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.</p>	