



## Contemplative Prayer

A suggested model of contemplative prayer by St. Theresa of Avila:

1. Start by taking a small amount of time (5-20 minutes). This can be done before the blessed sacrament, by placing a picture of Jesus in front of you, or just in a space you choose with quiet. You may or may not have instrumental music.
2. Settle into a comfortable position, taking slow, deep breaths to help quiet yourself
3. Focus your attention on the image of Jesus.
4. Acknowledge the things that are trying to get your attention---thoughts, worries, plans, aches and pains, sights and sounds around you. Slowly let these things go. If you feel distracted during this prayer, just quietly bring yourself back to your reflection.
5. In your silence and stillness, let God's Spirit within you make itself known.
6. Do not expect anything to "happen"; put yourself in God's hands.