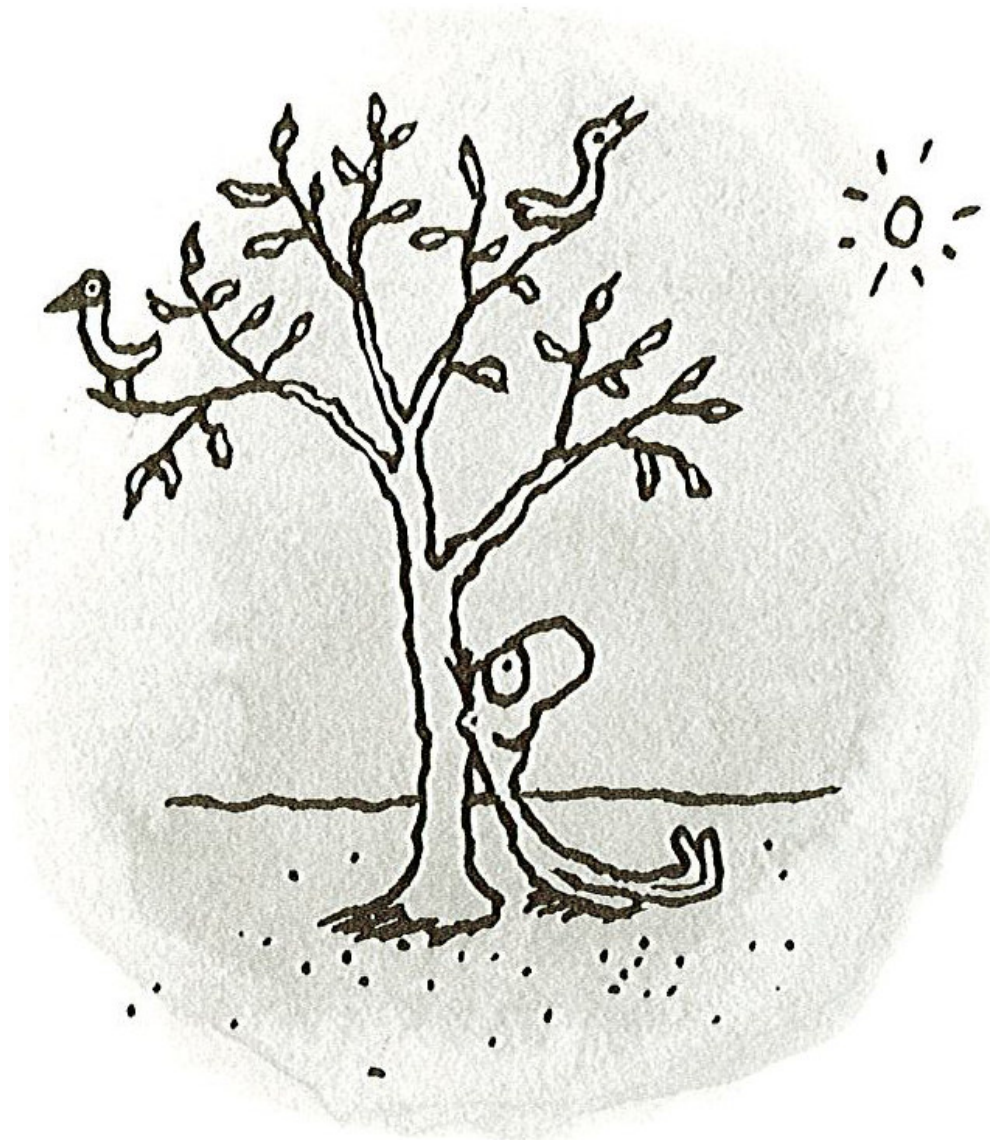


The Everyday Retreat

Week 9 – Repetition in Prayer



Lennis

17th – 23rd August

Repetition in prayer

Often we can get caught up in the cycle of “Must read my Bible, must pray more” guilt. This is far from the freedom God wishes us to experience in Christ. If we have not kept up with a calendar of Scripture readings, we should not feel any sense of failure. Rather, it is time to return to prayer as we can, allow ourselves to humbly receive grace and be open to how God may wish to speak. God will draw us to points within the Word that may take us some time to fully comprehend. A regimen of daily readings may not always allow the Spirit of God to teach us what we need most. Repetition is the way we allow God to touch us. Staying longer with one passage can allow us to recognise the gentle attraction of God, and to hear such communication more clearly.

Just because a prayer period has ended we should not imagine that God has nothing more to say to us through the particular passage we have been reading. There are multiple layers in Scripture that when we repeat, noticing where we are moved, or troubled, we may experience

the mystery of God more fully and become more receptive to the activity of God in our own heart.

– Vince Hurley, SJ.

On Prayer

The practice of contemplative prayer is the discipline by which we begin to “see” the living God dwelling in our own hearts. Careful attentiveness to the One who makes a home in the privileged centre of our being gradually leads to recognition. As we come to know and love the Father of our hearts we give ourselves over to this incredible Presence who takes possession of our senses. By the discipline of prayer we are awakened and opened to God who enters into our heartbeat and our breathing, into our thoughts and emotions, our hearing, seeing, touching, and tasting. It is by being awake to this God within that we also find the Presence in the world around us...It is not that we see God in the world but that God within us recognises God in the world.

- *Henri Nouwen*

That which is Christ-like within us shall
Be crucified.

It shall suffer and be broken.

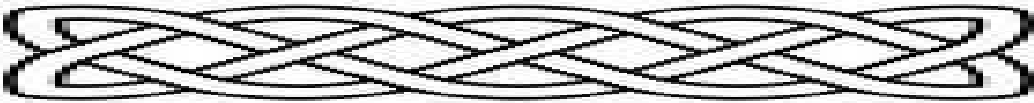
And that which is Christ-like within us
Shall rise up.

It shall love and create.

- *Leunig*

God give us strength.
Strength to hold on
and strength to let go.

Leunig



Deuteronomy 30:19

Matthew 10:37-39

Luke 9:57-62

Luke 18:18-30

Phillipians 3:7-16

