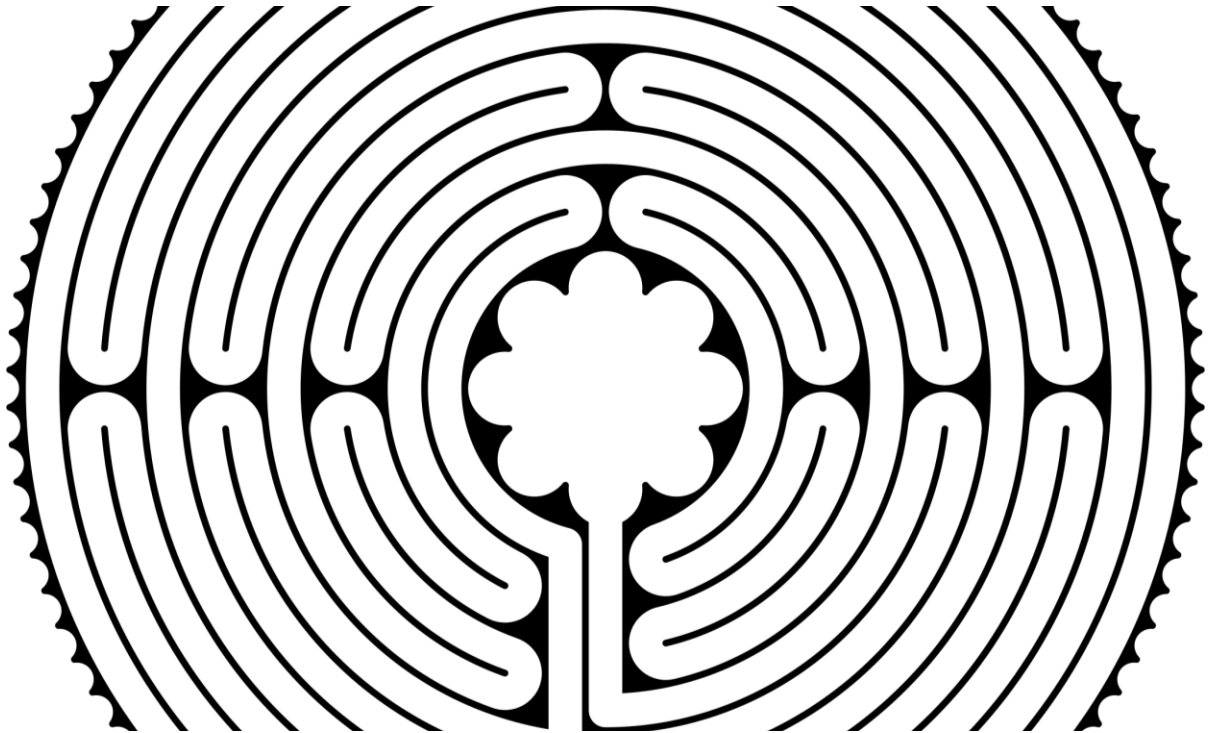




*dayspring*

*Simple Tools for Contemplation*



*4 P's of Contemplation*

*Breath Prayer*

*Examen*

*Imaginative Prayer*

*Labyrinth*

*Lectio Divina*

*Praying with Creation*



# *The 4 Ps of Being Contemplative*



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*The four Ps below are a helpful way to enter in to a contemplative attitude to be present to God, your surroundings, and yourself.*

*Place* – be aware of where you are. Fully look, listen, smell and feel.

Have a special place you go to, or set up.

The memory of place prepares us to meet with God.

Taking time to set up allows the heart to transition.

This is your sacred space.

*Posture* – sit with a straight back, legs and hands uncrossed (if on a chair).

This simply helps one be comfortably still for a period of time.

Being comfortably alert helps overcome distractions of the body.

*Preparation* – Breath deeply several times.

Do a relaxation exercise.

Be aware of sounds, smells, etc, in your surroundings.

Say your prayer word.

Be aware that Christ is present.

*Program* – allow the stillness,

the being comfortably alert,

the awareness of your surroundings,

and the being with God,

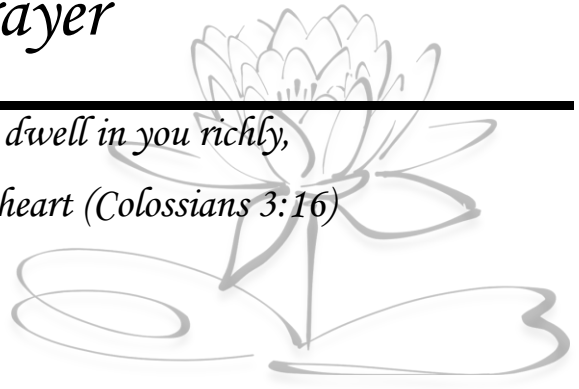
to prepare you to engage fully and openly with the Spirit of God

in your program (whatever that is).

# Breath Prayer

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*Allowing the Word of God to dwell in you richly,  
and so transform your mind and heart (Colossians 3:16)*



## *Preparation*

Meditate on a passage of Scripture to hear God's word to you

## *Breath Prayer*

- Take the word or phrase God has spoken to you and turn it into a personalised sentence of no more than 8 syllables
- Divide the words or phrase so you can silently prayer half as you breathe in and half as you breathe out
- Pray the prayer with your breathing, listening intently to each word
- Be open to make the words more specific as God moves your heart
- Use the prayer as you walk, drive or have moments to spare
- Allow God's word to you to sink into your heart, and over a day, week, month let it become part of your very being

# *Prayer of Examen*

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*Sometimes known as Prayer at the end of the day*



## *A Simple Method*

Thinking back over the ordinary events of your day, ask three questions:

- For what am I most grateful today?
- For what am I least grateful for today?
- What do I carry with me from today into the future?

# *Imaginative Prayer*

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*Sometimes known as Gospel Meditation or Ignatian Meditation*

*This is for use with Bible narratives*



## *Preparation*

- Read the passage of Scripture through 2 or 3 times to become familiar with the story.

## *Pray*

- For God's illumination and blessing.

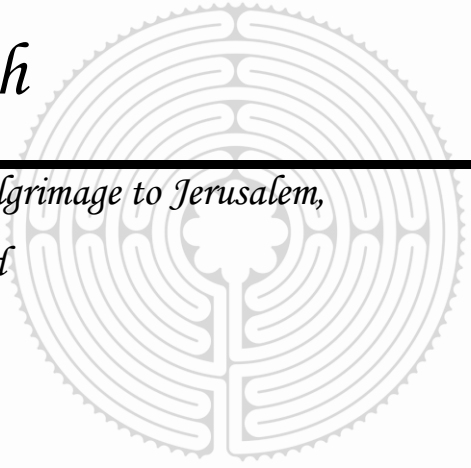
## *Meditate*

- In your mind, picture the place, scene, what is happening?
- Imagine you are there, be a character or a spectator.
- Use all your senses to imagine what is happening in the lives of those involved.
- Where is Christ? Does he look at them? Say something? Touch someone?
- Does he interact with you in the same way? Does he speak to you?
- What is this meditation saying to you about your life today?
- Thank God for what he has given you.
- Think about your responses and conclude by writing a prayer including any resolutions you may make.

# The Labyrinth

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*A prayer tool based on the concept of the pilgrimage to Jerusalem,  
and the Temple of God*



## Preparation

- Meditate on a passage of Scripture to develop a breath prayer

## Journey

- *The journey in to the centre:* pray your breath prayer and be attentive to what you notice. Does your prayer change?
- *Being at the centre:* stay in the centre praying your breath prayer until you feel ready to leave. Notice what is moving your heart. Does your prayer change?
- *The journey out from the centre:* pray your breath prayer and be attentive to what you notice. Does your prayer change?

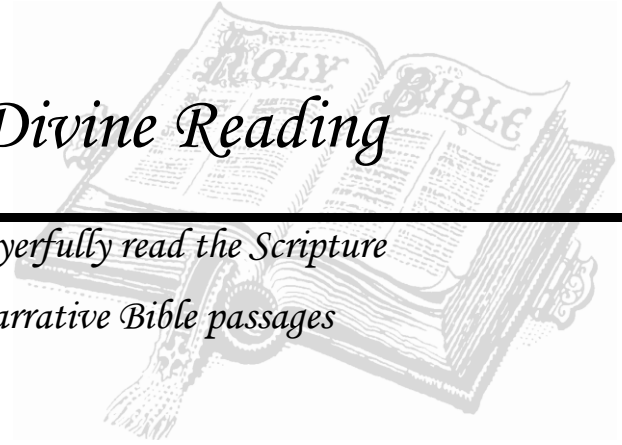
## Reflection

- After a time of quiet reflection, write a prayer, thanking God for any insight and record any resolution you feel lead to make.

# *Lectio Divina - Divine Reading*

*Lectio Divina is a way to prayerfully read the Scripture*

*This is for use with non-narrative Bible passages*



## *Reading*

- Sit quietly and ask God to speak to you.
- Read the passage slowly and repetitively.
- When a word or phrase attracts your attention ... STOP! This is the end of the reading.

## *Meditation*

- Say over the word or phrase you have been given.
- Listen to the words, personalise them.
- Let them move your heart.
- What is God saying to you about your life, here and now?
- Write a prayer, thanking God for the insight and record any resolution you feel lead to make.



# Praying with Creation

*This prayer is a Lectio Divina on Creation*



## Observing Creation

- Ask God to speak you
- Sit quietly and observe the world around you; or a part of nature, such as a flower, stone or a twig
- Examine what attracts your attention carefully. What do you notice? Look at it, feel it, smell it, taste it, listen to it.

## Questions

What do my observations on Creation speak to me about:

- God?
- myself?
- my relationship to God?
- my relationship with others?
- my relationship with myself?

## Meditation

- What is God saying to you about your life, here and now?
- Make a breath prayer from the insight God has given you
- Write a prayer, thanking God for the insight and record any resolution you feel lead to make.

# *Thoughts and Notes*

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*Dayspring* Centre for Christian Spirituality and Counselling  
68 Waverley Street, Dianella WA 6059 P: 0477 127 532  
E: [info@dayspring.org.au](mailto:info@dayspring.org.au) [www.dayspring.org.au](http://www.dayspring.org.au)  
ABN: 76 621 388 205