# THE CYCLE OF PRAYER

## SILENCE

Letting go of all that we call our selves, our agendas, worries, preoccupations, distraction. Surrender, abandonment, release.

How? Contemplative prayer, Christian Meditation, Mindfulness, the sacrament of the present moment, ordinary rest, sickness, retreat

#### ENGAGEMENT WITH GOD IN WORLD

Practicing compassion, truthfulness & love in key relationships, family, friendships, communities. Intercession.

Specifically chosen actions, commitments, ministries that are discerned moment to moment, daily, annually, and life-long

### HEARING GOD'S WORD

Listening to God's revelation of love and care for us; also God's demand for truth, justice, healing, and reconciliation in Jesus; God's desire and dream for the human community

How? Worship, the Daily Offices, Lectio Divina, scriptural meditation and study, devotionals, theology, listening to each other, talking to God and listening to God, goin on retreat.

## ATTENTION TO OUR SELVES & WORLD

Openness to our experience; what is happening in the world, our communities and families, our emotional lives; examining values and personal meanings, interrogating priorities and commitments, listening to feedback

How? journaling, prayer, meditation, friendships and relationships, the newspaper, books, arts, study, retreat, introspection, therapy...

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