

Resting Prayer

"But whoever is united with the LORD is one with him in spirit." I Cor. 6:17

Your times of prayer can be a time in which you simply experience the presence of God. "Resting Prayer" is a form of prayer that is encouraged throughout Scripture. It is a method of prayer in which we enter into stillness with Christ, whereby we are in union with Christ. Scripture invites us to enter the prayer of rest.

- *"Be still before the LORD and wait patiently for him"* (Psalm 37:7).
- *"My presence will go with you and I will give you rest"* (Exodus 33:14).
- *"Peace I leave with you; my peace I give you"* (John 14:27).

In order to engage in Resting Prayer it is important that you believe and trust that the Lord Jesus dwells within you and that by his Spirit you are one with him (John 15). In Resting Prayer you embrace the reality of the presence of Christ in your innermost being. You may choose to meditate on a passage that affirms your faith in this reality.

- *"On that day you will realize that I am in my Father, and you are in me, and I am in you"* (John 14:20).
- *"I have made you known to them, and will continue to make you known in order that the love you have for me may be in them and I myself may be in them"* (John 17:26).
- *"To them God has chosen to make known among the Gentiles the glorious riches of this mystery, which is Christ in you, the hope of glory"* (Col. 1:27).

Here is a process for engaging in Resting Prayer

Begin by meditating on a phrase or word from Scripture (from above or another favorite passage) that enables you to be aware of and dwell in the presence of Jesus.

As you meditate on this phrase or word take some time to sit quietly allowing yourself to enter into deeper intimacy and communion with Jesus.

If your mind wanders, gently return to the phrase or word you have chosen that enables you to focus your heart and mind on Christ within. This helps to quiet your mind and to foster stillness and rest in Jesus.¹

¹ Thomas Keating, *Open Mind, Open Heart: The Contemplative Dimension of the Gospel*, pp. 53-67