



Spiritual Practice: Be Still Prayer

If you are using this guide for a group gathering your preparation may include the following - Please take time to read through this prayer and reflection before participating in the prayer as a group. Print out copies of this reflection for people to have or email it to everyone.

What a strange and disorienting time we are living in right now. This unique season has brought with for many of us a way of hardship, sacrifice, and suffering. It looks different for all of us, but with all of the change many of us find ourselves disoriented.

I have a friend who says, to live, is to experience suffering. Many of us have navigated dark seasons, and if we haven't, we are confident that one day we will. The good news is that suffering isn't the end of the story. This quote by James Finley captures this idea so beautifully. "Although it is true that there is no refuge from suffering; it's also true that suffering has no refuge from love that permeates it through and through and through and through and through. Love protects us from nothing, even as it unexplainably sustains us in all things."

Jesus leaned into suffering and shows all of us that the pain and suffering this life has to offer does not have the final word. Our hope in participating in this contemplative prayer is that we can begin to imitate Jesus in his pain and suffering and in His victory. There are many ways to do this, today we invite you to pray through Psalm 46:10, letting these words, The Word, dwell richly in your heart. This prayer is a way for us to practice abiding, and experience God's presence and peace in whatever circumstances you find yourself.

First, take a couple minutes of silence to prepare your heart, clear your mind, and open yourselves to the presence of the Holy Spirit. After a couple minutes of silence prepare to pray through Psalm 46:10 in 5 consecutively diminishing sentences. The leader will read each phrase aloud, then repeats the same phrase aloud. Pause and take a moment to reflect and let The Word soak into your hearts. Pause for a minute or so between each phrase. The pause between each phrase can be lengthened depending on your need (or the needs of the group).

Be still and know that I am God.

Be still and know that I am.

Be still and know.

Be still.

Be.

Take a few moments to debrief your experience by journaling or processing with the group.

(Adapted from [GravityCenter.org](https://www.gravitycenter.org))