

Contemplative Prayer/Solitude Exercise

Find a place to be still – if possible, with minimal distractions...

Now, take 5 or 10 minutes to slow down and make yourself present to God. Take a few moments to breathe deeply and become aware of God's presence within you and all around you. As you inhale, breathe in the life that God is giving you in this moment, and as you exhale, release the distractions that keep you from being fully present to God in this moment.

Read Slowly, Psalm 46 and familiarize yourself with the passage.

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.

There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall; God will help her at break of day. Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. The Lord Almighty is with us; the God of Jacob is our fortress. Come and see what the Lord has done, the desolations he has brought on the earth. He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire. He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." The Lord Almighty is with us; the God of Jacob is our fortress.

Now read again, being alert to any word, phrase or image that catches you. Linger there. After about 10 minutes read the passage again.

Read a final time

What feelings or thoughts arise from your listening to the Spirit?

Consider what author and Spiritual Director Cynthia Bourgeault writes – *The spiritual life can only be lived in the moment, the now. When we go rushing ahead into the future or shrinking back into the past, we miss the hand of God, which can only touch us in the now.*

