

# **The Prayer of Stillness, as practiced by the Fellowship of Contemplative Prayer**

## **A Very Brief Guide**

- Find a quiet place. Most people sit upright on a chair with their feet on the floor.
- Relax by breathing slowly in and out a few times. Many people like to close their eyes.
- Say the bidding prayer: "*Come to me all you who labour and are heavy laden, and I will give you rest*" (Matthew 11. 28).
- Say the words quietly a few times, aloud or in your head. Imagine Jesus is saying them to you.
- Select a Bible verse spoken directly by God/Jesus. The same verse can be used for a week, or even a month. The 'I am' sayings are a good source. The current saying of the Fellowship is Matthew 4. 4: "*One lives... by every word that proceeds from the mouth of God*". The website (see below) lists other suitable sayings.
- Empty your mind by saying the verse over and over. Don't think about the saying as such, just allow it to fill you. If your mind wonders, repeat the saying.

- After a while, if you want to, you can put your wishes or concerns very simply before God and repeat the verse again.
- When you are ready to stop, simply say: “Thank you, Lord, for the gift of your word”.

**For more information or resources:**

*[www.contemplative-prayer.org.uk](http://www.contemplative-prayer.org.uk)*

Wendy Sellers (May 2020)