



Being with God Contemplative Prayer

Prayer is
recognition of God,
transformation by God
and union with God.

Recognition: do not pray,
“God give me a sign”,
but pray, “God give me sight”.
Become attuned to the presence of God in everyday life.

Transformation: by sitting with empty hands and open arms I learn to surrender to God, so that my focus might shift from what is going on inside prayer to what is happening inside me. I begin to surrender all of my life to God’s lordship during prayer. This is a transformation of perception; what is surrendered never really existed in the first place (my lordship and my separateness---they were only illusions).

Union: losing myself to God, experiencing God in every aspect of my life; I come into mystical union with God, a oneness not severed when I rise from my prayer time.
From the moment of my creation, God and I have always been together in mystical oneness. I just didn’t know it until now.

God has always carried me in his bosom. (Isaiah 40:11)

“I will not forget you. See, I have inscribed you on the palms of my hands”
(Isaiah 49:15b-16a)

“And all of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror (*recognition*), are being *transformed* into the same image (*union*) from one degree of glory to another...”

(2 Corinthians 3:18)

Armchair Mystic: Easing Into Contemplative Prayer
Mark E. Thibodeaux, S.J., 2001

