



The Four Types of Prayer

Talking at God

recited prayers, ready-made prayers, written prayer, traditional prayer, prayers written by someone else.

Talking to God

a more personal prayer, speaking to God like a friend, from my heart; extemporaneous prayer, spontaneous prayer, intercessory prayer.

Listening to God

discernment, meditation, knowing, sensing, intuiting God's communication to me, hearing God's voice through scripture and other means.

Being with God

sitting in stillness, happily lost in God, resting in God's presence, a state of being, listening to God's silence, mystical union, pure contemplation, a gift from God.

This is the experience of intimate relationship with God; it is as close as one might come in this life to tasting heaven.

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



Agape Journeys <https://agapejourneys.com>
terry@agapejourneys.com joanne@agapejourneys.com