



# World Christian Fellowship

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## Prayer of Contemplation

The following steps may help you build contemplation into your prayer life.

### 1. Establish a time and a place

Establish a regular time and place to give God your undivided attention each day (not in the car or while doing the dishes!).

Have everything you need:

- Bible,
- a journal,
- a pen, etc.,

So, you can move right into prayer.

### 2. Keep your purpose clear

Come to this time for the sole purpose of seeking God's face.

Keep this time for

- worship,
- meditation and
- listening for His voice.

Intercession and supplication are for another time.

### **3. Be still and quiet**

This is a difficult discipline and takes much practice. After acknowledging God's presence, become still and quiet before Him.

Relax your mind and breathe deeply, all the while thanking Him silently that He meets you in the stillness.

### **4. Meditate on Scripture**

Unlike Eastern meditation, our goal is not to empty our mind, but to fill it with the revelation of God's manifest presence.

Read portions of Scripture on a regular basis, asking God to reveal Himself to you.

Wait on Him and listen for the His voice.

Don't try to read a scripture which will suit your circumstances but on the routine pattern of the studying the word of God.

### **5. Journal your prayers**

Write daily journal. Also, what God responded and the joy of being with Him.

Chronicle what God seems to be saying to you in writing. Over a period, you will clearly understand your purpose.

## **6. Prepare for wandering thoughts**

Don't worry if your mind wanders, especially at first.

Jot down things you need to do later and then return your mind to seeking God's face again.

## **7. Don't fear drowsiness**

It is no sin to fall asleep in the arms of God. Of course, if this becomes the norm, you may need to change your sleeping habits!

## **8. Infuse intercession with contemplation**

Whenever the battle in prayer takes its toll, take a few minutes to contemplate the loveliness of Christ, rest in His arms and simply enjoy His presence.

Play some nice worship songs (meaningful ones) sing along and that will shift your focus towards God. Then go back to the work of active prayer.

