

## Contemplative Prayer Service

**Topic:** Contemplative Prayer

**Leader:** Dr. Andrew Clifford

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**Day/Time:** Sundays @ 9:00 a.m.

**Dates:** Reoccurring

**Location:** Online

**Community:** Men and Women, All ages

**Suggested Materials:** Bible

**Details:** Contemplative Prayer Service invites participants to see, listen, and taste the Presence of God through silent guided meditative prayers. The service includes five meditations: 1) Opening prayer with musical meditative chant; 2) Scripture Meditation (Lectio Divina); 3) Love Feast (or Holy Communion Meditation with musical Kyrie Chant); 4) Silent (with nature sounds) Centering Prayer, or guided EXAMEN prayer; 5) Closing Prayers of healing and petitions with meditative music. Each meditation is approximately 10 minutes long. No experience or preparation needed, just participate with an open and receptive heart.