

Contemplative Night

Corporate Lexio Readings:

- Psalm 126 (Song of Ascent)
- Psalm 127 (Song of Ascent)
- Psalm 128 (Song of Ascent)

Refresher thoughts on contemplative silence:

Be still, and know that I am God

- God, through David the Psalmist, commands us in 46:10 to “**Be still (raphah-** Strong’s 7503 drop down; relax) **and know that I am God**”;
- Ex. 15:26 “Listen carefully to the voice of the Lord...I am **the Lord who heals you (Jehovah Raphah-** Strong’s 7495);
- Ps. 37:7 “**Be still** before the Lord and wait for Him;”
- Includes the contemplative disciplines of **SILENCE, SOLITUDE, and STILLNESS**. Jesus practiced these Mk 1:35; Luke 4:42; 5:16; 6:12
- The goal of obedience and contemplative disciplines is to share in the Son’s communion with the Father by the Spirit of adoption as a son.
- Although still and silent, we are alert and attentive. Part of the spiritual armour Paul tells the Ephesians to put on “Take the helmet of salvation and the sword of the Spirit, which is the word of God, (lit. **by means of all prayer**) And pray **in the Spirit** on all occasions with **all kinds of prayers** and requests. With this in mind, **be alert**. (Eph. 6:17-18)
- **The Four R’s of Contemplative Prayer:**
 - Resist no thought
 - Retain no thought
 - React to no thought
 - Release every thought and return to centre/silence/ inward stillness/ your word
- You are not trying “to get” anything out of contemplation; “spiritual non-possessiveness”.
- Any “sensational” visual, auditory, olfactory or otherwise “phenomena” one may experience, like all other “thoughts”, is simply let go of. These experiences are simply the unloading of the “undigested emotional material of a life”. Let ‘em go.
- For this reason I kneel before the Father, from whom his whole family in heaven and on earth derives its name. I pray that out of his glorious riches he **may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith**. And I pray that you, being rooted and established in love, may have power, together with all the saints, **to grasp** how wide and long and high and deep is the love of Christ, and to know **this love that surpasses knowledge**--that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen. (Eph. 3:14-21)