

**Practicing Christfulness pt.2**  
**Luke 10:38-42, 11:1-4**

**Christfulness = Mindful  
awareness of Christ's  
presence**

**Lectio Divina: reading,  
meditation, prayer and  
contemplation.**

**Intercession = Prayer with  
words**

**Contemplation = Prayer  
beyond words**

**Quiet contemplation is the  
key to unlocking your deepest  
identity**

**accomplishment is where  
Martha tends to find an  
identity, while contemplation  
is where, Mary is finding her  
identity**

**Kataphatic prayer = Prayer  
with words**  
**Apophatic prayer = Prayer  
beyond words**

**“[A Christian Mystic is Christ  
follower] who’s comfortable  
with silence...comfortable  
with mystery...comfortable  
with paradox and ambiguity,**



**but who moves into all of that  
for the sake of love: the love  
of the Divine, and the love of  
one another.”  
— Carl McColman**

**If experience is the arbiter of truth, how in the world can we determine what is false?! And herein lies the potential problem with Christian mysticism — it swaps doctrine for experience, it subordinates what we know for how we feel.**

**Christian mystics in the truest sense of the word don't "swap doctrine for experience [or emotion]," They combine doctrine with experience and emotion— leading to a deeper communion with the Triune God.**

**“The Christian of the future  
will be a mystic or will not  
exist at all.” –Karl Rahner**

**quiet intimacy with God is the  
key to the whole Christian  
life.**

**—Charles Stanley, The Mystic  
Baptist**

**Quiet intimacy is the key that  
unlocks your deepest identity**

**“Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her” (10:41-42).**

**(v.40) “distracted” (Gr. Periespato), has the idea of being pulled or dragged in different directions.**



**“Martha, Mary has chosen the better part, which will not be taken away from her.”**

**Quiet intimacy is the key that  
unlocks our truest Identity.**

**Other common barriers to  
contemplative prayer**

**“I just never can find the time  
to pray”**

**“Prayer discourages me. I feel  
as if I’m just talking to  
myself.”**

**“When I pray, strong feelings, whether positive or negative, emerge and I’m not sure what to do with them. Honestly I find prayer to be unsettling.”**

**“I feel ashamed of my sins. I don't think I'm worthy to pray.”**

**“I don't know what to say to God. After all, God already knows everything I need.”**

**“Prayer is lifting mind and  
heart to God.”**

**—Ronald Rolheiser**

**“If we take seriously that prayer is “lifting mind and heart to God,” then we can take every feeling and every thought into prayer,**

**no matter how irreverent,  
unholy, selfish, sexual, or  
angry that thought or feeling  
might seem.”**

**—Ronald Rolheiser, Prayer**



**“Simply put, If you go to pray and you are feeling angry, pray anger; if you are sexually preoccupied, pray that preoccupation; if you are feeling murderous, pray murder; and if you are feeling full of fervor and want to praise that thank God, pray fervor.**

**Every thought or feeling is a valid entry into prayer. What's important is that we pray what's inside of us and not what we think God would like to see inside of us."**

**—Ronald Rolheiser, Prayer**

**“When you pray, say:  
“Father...”**

**HOW WE TURN THE KEY OF  
QUIET INTIMACY W/ GOD**

**How do we move from  
conversational prayer into  
contemplative forms of  
prayer?**

**“I look at God and God looks  
at me. That’s the heart of  
contemplation.”  
—John Vianney**

**“Contemplation is a bit like  
bird watching; we can’t make  
the birds show up, but there  
are things we can do to  
encourage them.”**

**—Wilhoit & Howard**

## **Ways to Make Space for Contemplation**



**1) Settle into a time of quiet  
stillness before God.**

**2) Acknowledge the loving presence of God.**

**3) Take a few minutes to do a  
brain dump.**

**4) Find a prayer anchor for re-centering from distracting thoughts**

**5) Take inventory of your thoughts.**

**6) Get things right with God**

**7) Use your body**

**8) Close with worded prayer**



**9) Continue to practice the presence by taking God's word with you**

**“God, of your goodness, give me yourself, for you are enough for me. I may ask nothing less that is fully to your worship, and if I do ask anything less, ever shall I be in want. Only in you I have all.”**

**—Julian of Norwich**