

# 40 Days Fuller

Sacred Sunday | *Day 19*



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## DISCOVER

Have you ever prayed about a difficult situation you or someone you love is facing, only to get more frustrated during prayer? Sometimes we have ideas of what needs to happen for the situation to be resolved. If only someone else would see things the way we see them, they would do what needs to be done and the problem would be solved. So we go to God in prayer and relate all of what we believe needs to happen, with increasing frustration when it isn't done as quickly or exactly as we've described.

Sometimes, we simply cannot conceive of the answer to a solution so we are unsure of how to pray about it. We end up using prayer as a venting session of the problem we are experiencing, with no solution in sight.

An ancient form of prayer that takes away our tendency to dictate what needs to happen, and our inability to find a solution, is contemplative prayer. Like centering prayer, contemplative prayer is an expression of our awareness of the presence of God, which surpasses our ability to think and speak. Unlike centering prayer, contemplative prayer forgoes words altogether. Instead, we simply acknowledge and visualize God's presence with us or with the person we are lifting in prayer, and soak in God's love and presence.

When I started practicing contemplative prayer, I noticed that it made me more empathic toward others and enhanced my connection with them. I no longer assumed I knew what the "right" solution was, and instead trusted God's presence to care for them in a difficult situation. One way of practicing contemplative prayer is simply to imagine the light and love of God encircling you or someone you love, for as long as needed.

## REFLECT / JOURNAL

Think about a difficult situation you or someone you love is facing, that appears to have no end in sight. Perhaps you have some ideas about what needs to happen, and perhaps not.

Consider lifting yourself or someone you love in contemplative prayer. Imagine the love and grace of God encircling, holding, touching and nurturing you or someone you love in God's light and presence. If thoughts come to mind, acknowledge them and let them go, as you trust that God is present and knows how to care for you and/or your loved one at this time.

## PRACTICE



Practice the daily cup ritual



Write "sacred" on your hand, post-it notes, or anywhere you are likely to see throughout the day.



Engage in spiritual practices that nurture your soul.



Take a break from social media today, as much as possible.



Guided contemplative prayer

Take rest. A field that  
has rested gives a  
beautiful crop.  
- Ovid