

-Reflection Questions-



Quiet by AJ Sherrill

1. AJ Sherrill describes four levels of prayer: Talking *AT* God, Talking *TO* God, Listening *TO* God, and Being *WITH* God. What mode(s) of prayer are most comfortable for you? What does this look like in your prayer experience?
2. Does contemplative prayer come naturally to you? If not it may be because you haven't been taught these forms of prayer, and because stillness doesn't fit easily in a culture that values efficiency and production above all else. What are your thoughts on this?
3. Can you make a plan to dig deeper into contemplative prayer this week? Some tools you can use: Lectio Divina; set the timer; make a date in your calendar; prayer word or phrase; prayer image.
4. In the psalms (or any scriptures for that matter), reflect on a time when you sensed that the *text* was reading *you*. What was the setting? Were you by yourself or with others? How did the setting affect your experience of the text?
5. Have you ever been surprised by prayer? Or do you generally know how it will go in advance?
6. When have you experienced prayer not as something *you* do, but rather as a "gift from God"? What was the experience like?
7. Have you ever felt total surrender to God? What was your posture both physically and spiritually? Were there any special circumstances that allowed the experience?

