

# OVERFLOW

A Guided Journey

## Resources for Prayer and Contemplation

*Contemplative practice involves your spirit, your mind, and your body. These practices have been done by Christians for more than a thousand years, and you can do them anywhere: The invitation is to intentionally connect with God. Find a comfortable place to sit, adopt an open posture, and ask God to use your imagination to speak to you. See what happens when you focus on presence rather than perfection.*

### Lectio Divina

*Intentional meditation on Scripture*

Select a passage and read it five times slowly, maybe aloud:

- *Silencio* (Releasing) - "Just be."
- *Lectio* (Reading) - "What shimmers?"
- *Meditatio* (Reflecting) - "Place yourself in the text."
- *Oratio* (Responding) - "What is God's invitation to you?"
- *Contemplatio* (Resting) - "Be still and know."

### Examen

*A reflection on your day*

- **Relish** any gifts: What are you grateful for today?
- **Request** the Spirit to lead you through the Review of your day
- **Review** the day: What events or emotions does God bring to mind?
- **Repent** of any mistakes or failures
- **Renew** your sense of God's presence and invitation going before you

### Breath Prayer

*When you need simplicity*

*Inhale* | exhale a meaningful phrase; choose Scripture or prayer to meditate.

- *Jesus, Son of God* | have mercy on me
- *Be still and know* | that I am God
- *Lord Jesus* | give me \_\_\_\_\_ (peace, rest, strength, hope, etc.)
- *I give you my worries* | because you care for me

### Palms Up/Palms Down

*To release what's not yours*

- Breathe deeply and sense God's presence.
- Palms up: What are you holding? (Joys? Concerns? Responsibilities? Grievs?)
- Palms down: How does it feel to release those things to God's care?
- Palms up: Receive God's affection for you.
- Rest.

