



Ways of Praying

2 Come and meet with Jesus

Remember to prayerfully prepare before coming into God's presence, see sheet1

Ask God to fill you with his Holy Spirit to speak with you or show you something during this time.

This session is a way of introducing contemplation i.e. gazing at God and allowing our senses to respond to him. It would be helpful to read Luke chapter 2 verses 6,7, or more if you like, then read it again.

Now imagine that you have been invited into the stable in

Bethlehem to see the baby lying in the manger.

Approach him, gaze on him, perhaps you'd to lift him up and hold him; how does this make you feel?

Remember that this baby has been born to be your Saviour and Redeemer; dwell on these facts and marvel, praise God. One day he will hold you in his arms.

Take your time and see if there's anything you want to say to him or do for him. Is there anything he wants to say to you or to do for you?

He opens his eyes and looks at you with love and you sense that he wants to ask, "what do you want?". Don't hurry but take your time to reflect on these questions or just spend time gazing at him in adoration.

