

Prayer is a Relationship -Growth in Relationship

With Each New Stage We Recommit and Consent *“Be Still and know that I am God”* Psalm 46:10

Prayer, Intimacy and Relationships Intimacy, Prayer is a Relationship

Levels of Relationships - Growth in Relationships Requires Consent and Commitment

*With a Person or Christ	*Expressed in Prayer	With Yourself
Acquaintanceship	Vocal Prayer	Aware of Basic Needs & Desires
1st meeting, formal conversation “Where are you from?” “Nice day?” etc	Grace, church prayer, hymns	Responds with little or no reflection
Friendliness	Reflective Prayer	Reflects on Inner & Outer life
Conversational - discuss movies, bible politics, etc. - informal & at ease	Engages our faculties & energies - experiences God in nature, prayerful reading of scripture, music, poetry etc.	Moments of experiencing awareness & engagement with inner thoughts, feelings, desires, judgments/opinions & pleasures - may avoid past shame
Friendship	Responsive Prayer	Growing Awareness & Acceptance
Commitment, self-disclosure, spontaneity/freedom, growth of faith, trust, love, confidence, gratitude, shares joy/suffering, attentive listening	Opens our heart, feelings & emotions completely to Christ eg. frequent & spontaneous prayer, gratitude, laments, praise, beginning to listen in the quiet	Growing awareness, responds more intentionally - Acceptance of past successes & failures- Gratefulness arises- Comfortable with uncertainty- Shame lessens-
Intimacy	Contemplative Prayer	Open, Aware, Accepts, Appreciative
Comfortable with the other. No need to say, prove or do anything. Loyalty to the relationship. Sense of closeness. Deep listening not only to words, but to moods & feeling	Pure gift opening us to Gods presence beyond thoughts, words, & emotions. “resting in God” Deep listening with hearts, letting go of thoughts. “The knowledge of God impregnated with love,”	Self Acceptance - knows strengths & weaknesses - comfortable alone or with others - more in the moment - connected to others - feels forgiven & forgives - fear, guilt & shame diminish - love, joy & peace - intuitive faculties

Columns 1 and 2 were developed by Contemplative Outreach LTD. Col. 3 was developed by Carolyn Young

*The first two columns were developed by Contemplative Outreach LTD and the 3rd column was developed by Carolyn Young