

Reflective Prayer with Props



Psalm 19 celebrates how the voice of God can be heard through the wonders of the world and the Word. The heavens declare God's handiwork while the Word of the Lord makes wise the simple. The people of God have learned through the centuries that quietly meditating or praying through the prompts of truth, beauty, and goodness, our ears are opened to hear God more readily.

Reflective prayer can be practiced in nature, with music, in the dark, with a candle, with art, etc. The prop is a way to focus our thoughts and prayers.

How it works.

To start, **First**, take a deep breath and relax. Invite God into your space and indicate you are ready to listen. (Take 10-30 seconds)

Second, spend a few moments reflecting on the image, which here is Rembrandt's "Return of the Prodigal Son." Notice. What comes to mind regarding God? The prodigal son? The older brother? Yourself? What is God inviting you to see, hear, notice? (Start with 3-5 minutes. As the practice becomes familiar, take more time.)

Third, dialogue in prayer. Talk honestly with God about what you sense, see, hear, feel, or don't feel. Be honest. Take your time. (Take 1-2 minutes to start and longer as you gain confidence.)

Fourth, ask God to nudge you in how you might need to respond. Rest? Receive? Repent? Apologise? Celebrate? Invite? Do? Don't do?

Over the next week, strive to practice this 2 or 3 times. Use some of your favourite art. Use a candle in a quiet room. Sit on a bench near a tree, garden or the ocean. Try reflectively praying through what helps you notice God's voice.