

### **Volume 3 - Day 4: Praying Without Words**

#### **(Contemplative Prayer)**

God's therapy for the emotional stress of the human soul is contemplation. Most of the things which trouble us are things that turn out to be unimportant in the final round. When we offer word prayers pleading for release from the turmoil, we often miss the point of praying altogether. Prayer is a time to face the truth about ourselves, the wild beasts of our lives as it were. Prayer is a time to face the humiliation of who we truly are as opposed to who we fantasize ourselves to be.

When we come to the Lord in a speechless manner and humble posture, He can then reveal both the problems with the distemper of our soul and the solution to those problems. Most of them are simply solved by submitting ourselves to the purpose of God in them. In contemplation, we silently ponder the wonder and purpose of God in our current situation. We begin to feel His presence and know why He has put us through what is happening to us in the present moment. And our lack of silence is the only thing that has prevented us from experiencing His healing therapy before.

It is no wonder that we have resisted the silence and the humiliation. Whenever we have gotten close to honesty in the past, we have been shocked at the negative, rebelliousness within us. And we shut down so as to stop the clamor of the voices within us. Yet, if we will persist in silence, enduring the shame, we will find the revelation necessary to set us free from all guilt, shame and fear. We will experience the peace which comes from total surrender and absolute trust of our Father's love. Then we can embrace with anticipation every experience and circumstance in our lives. God uses all of them to bring us to maturity in relationship.

DEEPER Every Day -- John Henry Alan