

CONTEMPLATION: FORMED BY PRAYER

Mark 1.35-39

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Introduction

6 Streams/Traditions:

1. The Contemplative Tradition: Formed by Prayer
2. The Holiness Tradition: Formed by Discipline
3. The Charismatic Tradition: Formed by the Spirit
4. The Social-Justice Tradition: Formed by Compassionate
5. The Incarnational Tradition: Formed by Sacraments
6. The Evangelical Tradition: Formed by the Word

The Contemplative Tradition: Formed by Prayer

Key features:

1. Cultivates Love of God and love for God. To become “beautiful of soul”.
2. Brings peace and delight in God.
3. Leads to transformation of the heart, the will, the mind, the imagination and the passions.

Practises of silence, solitude and prayer:

- To experiment with varied avenues for silence & solitude.
- Praying the scriptures, holy leisure.

Potential Pitfalls:

- Tendency to separate it from ordinary life.
- Tendency to devalue intellectual efforts.
- Tendency to neglect importance of community.
- Risk of consuming asceticism (end in itself).

Historical perspective

Jesus' example: Lk 5.15-16, 6.12-13, 11.1, 22.39-46; Mt 11.28-30

Song Response and Contemplation: Mark 1.35-39