

Contemplative Outreach

Spiritual Journey with Thomas Keating

Part I Tape 1(a)



The Contemplative Dimension of the Gospel

Prayer is not just the means of relationship with God, it is the relationship.

Stages of Relationship	Prayer as Relationship	Lectio Divina
Acquaintance (formal and informational)	Vocal and Formal (routine)	Reading of scripture
Friendliness (informal and conversational)	Reflection (on scripture, nature and life events)	Reflection on scripture
Friendship (trust and commitment)	Responsive and spontaneous (feelings)	Responding spontaneously in prayer
Intimacy (oneness and knowing)	Contemplative (gift, presence and 'resting')	Contemplation and 'resting in God'

A Subject of Conversation

In scripture God discloses his inmost being to us
Our interaction has to be personal

No One Will Do It For You

We sit with the scripture text as if we were listening to the Lord.
The Spirit who inspired scripture also dwells in us and inspires us.

Here's the Topic

We owe a debt of gratitude to the biblical scholars of the last century.
A conversation can take any turn or direction and can surprise us as we learn to talk to God in our own words.

Growing Up is a Risk

So growing up and conversing with the Lord involves risk and taking a chance.
The energy in the relationship will expand our capacities for divine consciousness and divine union beyond anything we can dream.
Self-disclosure will mean recognition of the dark side of our personality and our weakness.

There has to be Bonding

A certain spontaneous movement of gratitude pours out of one's heart.
Only the sense of being loved can bring us into full life and existence.
When friendliness turns to friendship, commitment and trust is called for.
The relationship is now long-term or even permanent.