

# Contemplative Outreach

## Spiritual Journey with Thomas Keating

### Part I Tape 1(b)



#### Should I Back Out?

If you decide a friend is reliable you take the risk of developing the relationship. There is no certitude in this. You rely on intuition. You may even feel at times that God has deserted or abandoned you.

#### A Crisis of Growth

Forging any relationship, even one with God, is hard work. But, grace is the presence and action of Christ in this very minute. We project onto God the bad thoughts and feelings we have about ourselves. There is no subject of which there is more ignorance in the world than the spiritual journey.

#### Resting in God

Resting in God is beyond concepts, beyond feelings, beyond particular acts. It is knowing God well enough not to have to say anything. The Ultimate Reality is a community. Life at the deepest level is self-giving, sacrifice, self-surrender and the joy of doing so.

#### A Place to Start

Use the scripture.

Stages of Relationship	Prayer as Relationship	Lectio Divina
Acquaintance (formal and informational)	Vocal and Formal (routine)	<b>Reading</b> of scripture (slowly and line by line)
Friendliness (informal and conversational)	Reflection (on scripture, nature and life events)	<b>Reflection</b> on scripture (give it even more time)
Friendship (trust and commitment)	Responsive and spontaneous (feelings)	Spontaneous <b>prayer</b> (use your own words)
Intimacy (oneness and knowing)	Contemplative (gift, presence and 'resting')	Contemplation and <b>'resting in God'</b> (the most important part)

#### The Lord "Dandleth" Me

St. Thomas More felt he was bouncing on God's knee. Resting in God goes beyond prayer and is possible even in immense activity. There is a hunger for a deeper experience of prayer and some kind of community support system all across the Christian denominations.