

Prayer and Meditation Spiritual Pit Stop  
181<sup>st</sup> IW INANG

“Prayer” is a word that describes a relationship. Disciplines of prayer provide patterns for attending to God throughout the day. They open us to the divine dialogue through intentional encounter with the God. The prayer disciplines open our gaze and our hearing to God. Prayer is sustained less by duty than by a desire to connect and grow in intimacy and communion with God.

“Meditation” is not about emptying the mind so there is nothing there. Meditation opens us to the mind of God and that presence throughout the cosmos. Meditation runs counter to our busy culture, where speed reading, first impressions and skimming are as deep as we go. In meditation we gaze at something or someone long and longingly.

Some Recourses to Consider

“The Mindfulness Bible” by Dr. Patrizia Collard (copies in Building 3)

“Spiritual Disciplines Handbook” by Adele Ahlberg Calhoun

- SoulTime (Christian Meditation App): <https://www.soultime.com/>
  - *Subscription Based*
- Dwell (Audio Bible Reading – with ‘plans’): <https://dwellapp.io/>
  - *Subscription Based*
- Books for Prayer and Fasting
  - [The Hidden Life of Prayer](#) by David McIntyre
  - [Praying the Bible](#) by Donald Whitney
  - [Hunger for God](#) by John Piper

*This is a very limited list. Please let the Chaplain team know what recourses work for you and we would be happy to pass them along.*