

## *The Call to Abide in Christ*

### **John 15vv1-17**

#### **The Spiritual Essentials – the doing part**

- Ensure you are actually joined to the source of all spiritual life - be joined to Christ, by faith, who is the true vine
- Ensure you are actually producing spiritual fruit in your life – be obedient to Christ’s command to love your brothers and sisters
- Ensure you actually go on producing more spiritual fruit in your life – be submissive to God when he cuts things out of your life

#### **The Spiritual Contemplation – the resting part**

This is an introduction to Contemplative Prayer and a reading of the Bible according to *Lectio Divina* – reading it out loud and letting God select and speak. This requires finding a quiet, undisturbed place, with no mobile phone, for 30 minutes.

- **Select** a passage of scripture and pray for the Holy Spirit to come
- **Read** the passage out loud and allow a word, or phrase, to hit you or to lodge in your heart and mind
- **Reflect** by pausing for a while but don’t analyse it
- **Read** the word or phrase out loud again, maybe several times, but not the whole passage
- **Ruminate** on it, meditate on it, listen to the what the Holy Spirit is saying, let him take you deeper into the text and savour it
- **Respond** by praying out loud whatever affection is in your heart, which may be sorrow, or pain, or cries for help, or joy, or thanksgiving, or praise
- **Rest** now in Christ’s and God’s and the Holy Spirit’s presence, just communing with them in silence and contemplation until you are refreshed

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15/11/09