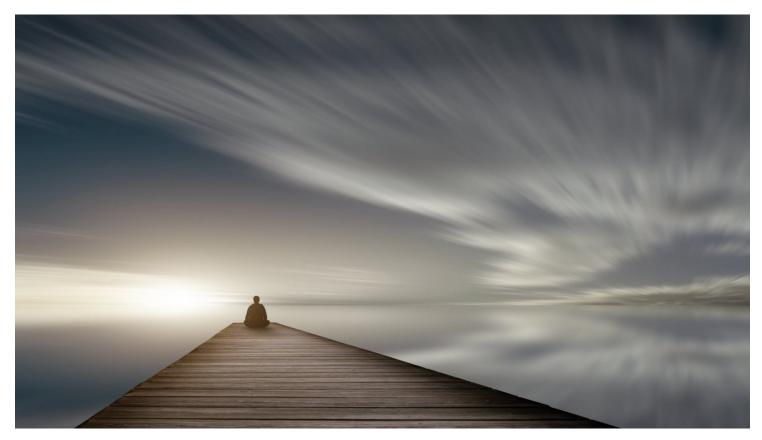
## Matthew 6:6 Jesus' teaching to his disciples on prayer:

<sup>6</sup> "Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.

The Message



## Monday, November 9th

**To Practice:** Twice today, choose a quiet space where you will be undisturbed for 10 minutes. Gather yourself into a comfortable seated position. Set a timer for 10 minutes. Close your eyes. Begin.

Breathe...Now....Here.

**To Reflect:** Contemplative prayer is not a conversation in words, but an exchange of hearts. —Thomas Keating