

### **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