



## Setting Our Minds

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things.

Colossians 3

## The Work of the Spirit – John 16

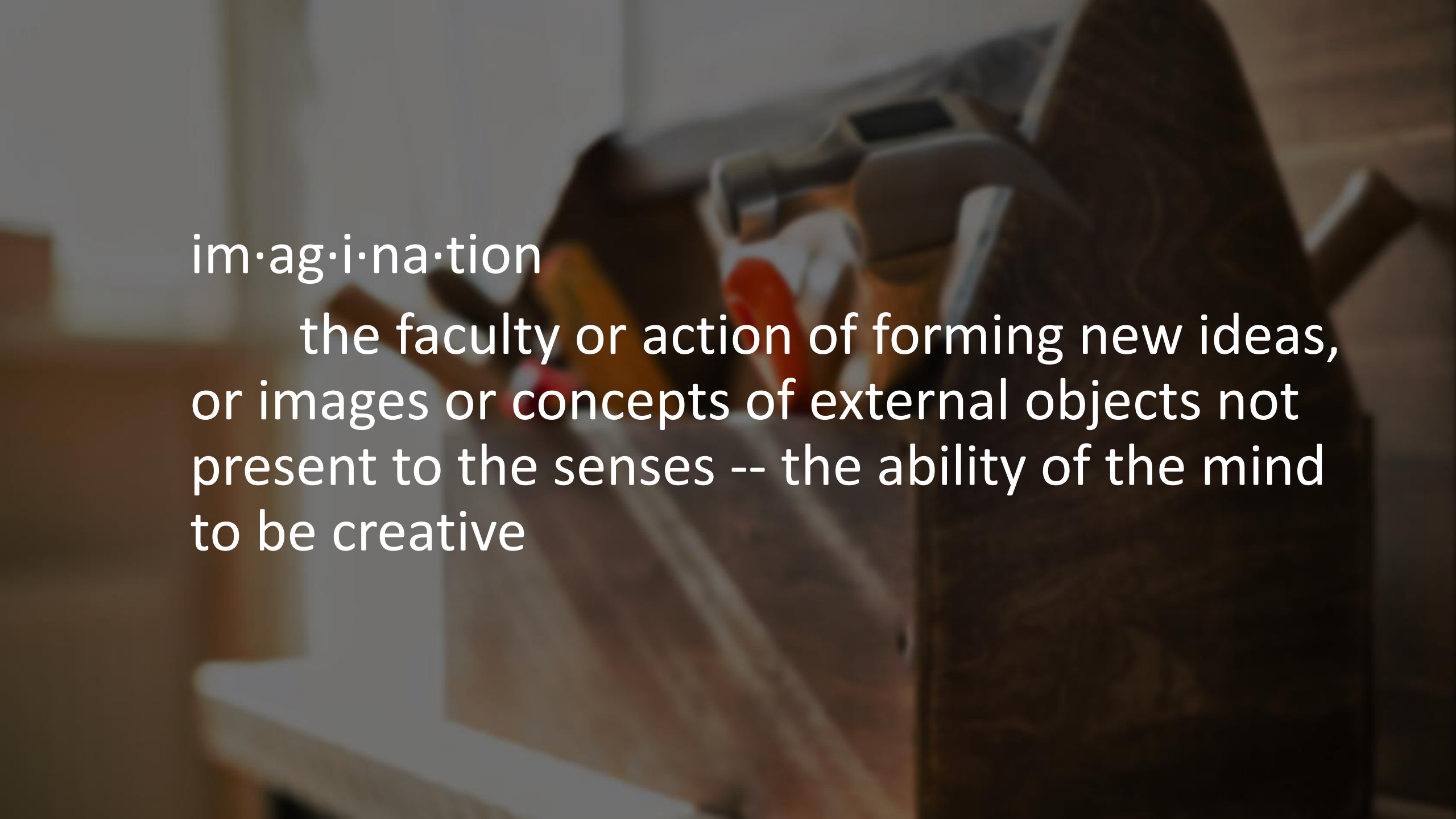
But very truly I tell you, it is for your good that I am going away. Unless I go away, the Advocate will not come to you; but if I go, I will send him to you...when he, the Spirit of truth, comes, he will guide you into all the truth...and he will tell you what is yet to come.

# Join in God's Prayer - Romans 8

...Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us.

...the Spirit intercedes for God's people in accordance with the will of God.





im·ag·i·na·tion

the faculty or action of forming new ideas, or images or concepts of external objects not present to the senses -- the ability of the mind to be creative

# Imagery

David – “The Lord is my shepherd...”

“Your rod and your staff...”

“You prepare a table...”

Jesus – “The kingdom of heaven is like...”

“Father, let this cup...”

“Suppose you have a friend...”

“Unless a kernel of wheat...”

“Unless you become like little children...”

# Imaginative Prayer

- Simple visualization – “your mind’s eye”
- Formational Prayer – “safe place”

“It is not pretending, which is unhelpful to the process. It is opening the imagination to the Holy Spirit so that he can help one picture in the mind’s eye the reality of the Lord’s love and care.”

Terry Wardle (Strong Winds, Crashing Waves)



# Imaginative Prayer Exercise



# Imaginative Prayer Exercise





# Centering Prayer



# Centering Prayer

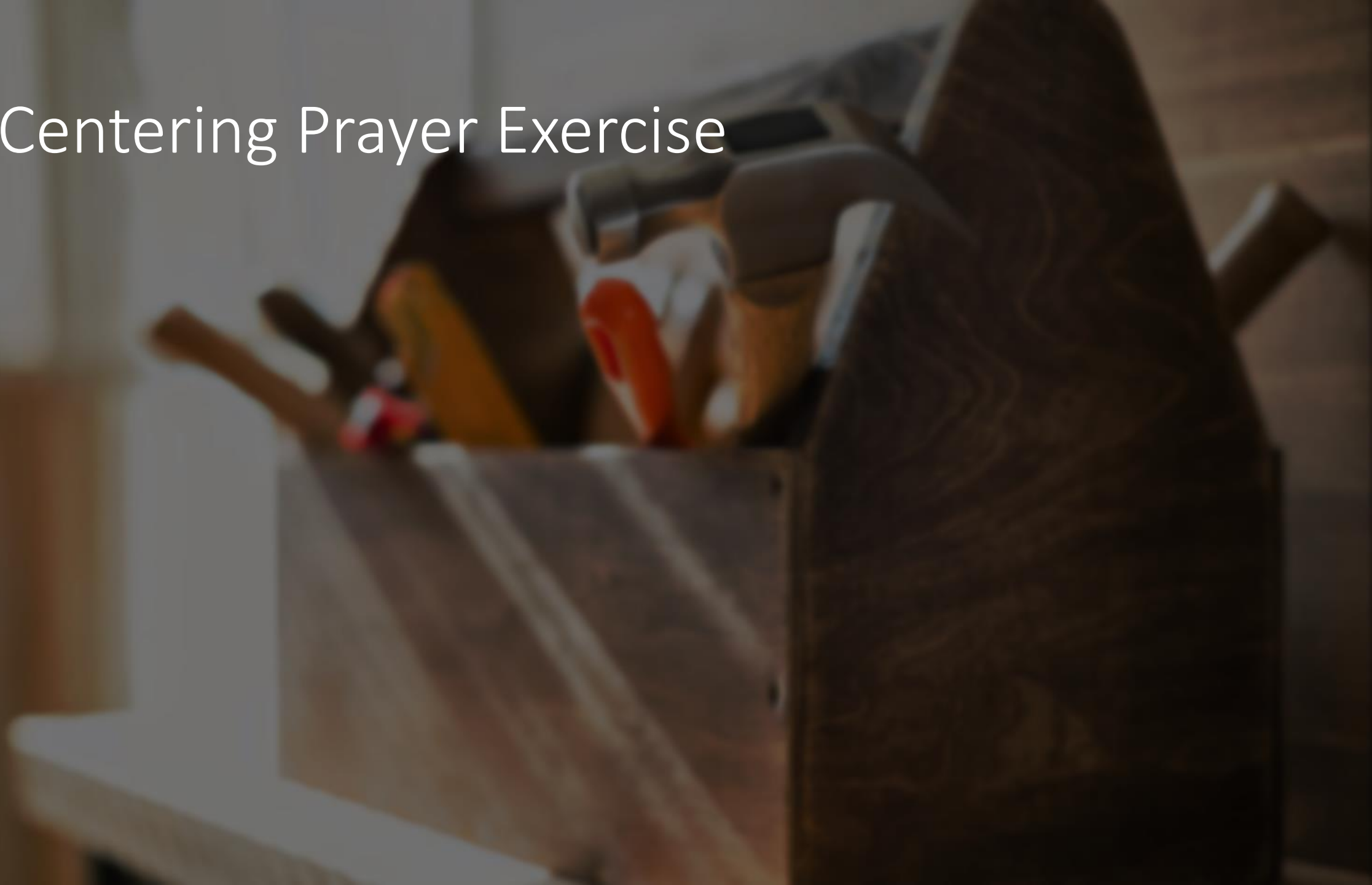
“For my thoughts are not your thoughts, neither are your ways my ways,” declares the Lord. “As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.”

Isaiah 55

“It is only when you realize your nothingness, your emptiness, that God can fill you with Himself.”

Mother Theresa

# Centering Prayer Exercise



# Further Resources

## Centering Prayer:

- ✓ Intimacy With God – Thomas Keating
- ✓ Invitation To Love – Thomas Keating
- ✓ Everything Belongs – Richard Rohr
- ✓ The Heart of Centering Prayer – Cynthia Bourgeault
- ✓ The New Monasticism – Rory McEntee and Adam Bucko
- ✓ [tmillary@gmail.com](mailto:tmillary@gmail.com)

# Further Resources

## Imaginative Prayer:

- ✓ Strong Winds And Crashing Waves – Terry Wardle
- ✓ Healing Care, Healing Prayer – Terry Wardle
- ✓ [www.healingcare.org](http://www.healingcare.org) – Formational Prayer
- ✓ [jeff.conrady@dillsburgbic.org](mailto:jeff.conrady@dillsburgbic.org) (and others!)



