

# Cultivating CONNECTION

## Spiritual Practice: Praying with Questions



“Remain in me as I remain in you. Just as the branch cannot bear fruit from itself unless it remain in the vine...if you remain in me and my words remain in you, ask whatever you wish, and it shall happen for you.”

*Selected words from Jesus in John 15:4,7*

### Formative Practice:

1. Quiet yourself - body, heart and mind - and be aware (or become more aware) of God’s Presence and your own.
2. Interiorly offer a prayer, such as, “Holy Spirit/Breath, guide me into your truth. May I be transformed into Christlikeness today...”
3. Reflect on the above scripture. Listen as though Jesus is speaking this to you slowly and lovingly.
4. Breathe in concert with Jesus through his Holy Spirit/Breath
  - a. breathing in: Holy
  - b. Breathing out: Spirit or Breath
5. Abide. When distracted, come back to “Holy Spirit” or “Holy Breath”
6. When finished: Ask Jesus what he longs for you to know (about yourself, God, your life, calling or whatever comes up for you). If you feel safe and comfortable to do this, let God ask you questions in return...