

THE CONTEMPLATIVE STREAM: THE PRAYER-FILLED LIFE

“The Contemplative Stream, very simply, is a life of loving attention to God.”

(Streams workbook, Session 2)

Jesus and the Contemplative Stream

“Jesus, who retreated often to rugged wilderness, who lived and worked praying, who heard and did only what the Father said and did, shows forth the Contemplative Tradition in its fullness and utter beauty.”

(*Streams of Living Water* by Richard Foster, p. 4)

“In contemporary society our Adversary (the devil) majors in three things: noise, hurry, and crowds. If he can keep us engaged in “muchness” and “manyness,” he will rest satisfied.”

(*Celebration of Discipline* by Richard Foster, p. 15)



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“Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed.”

– Luke 5:15-16

“Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing.”

– John 15:1-5

TAKING IT WITH YOU

1. **HOW DO YOU SEE GOD?** According to Richard Foster, the contemplative stream simply involves listening and obeying. Therefore, our image of God becomes very important. Is your view of God one you naturally run toward or away from? Distorted, dysfunctional views of God can be a real problem. Read Luke 15:11–32 and ask God to color in or redraw your picture of him.
2. **PRAYING WITH JESUS:** Reflect on the rhythms and practices of prayer in Jesus' life. Here are a few places to start: Luke 3:21, Mark 1:35, Luke 9:18–20, Luke 9:28–29, Luke 11:1–4.
3. **MAKE SPACE TO BE ALONE WITH GOD:** Commit to finding ten minutes to be quiet and still with God each day for a week. When distractions come, and they will, set them aside or offer them to God. Continue to return your attention to Him.
4. **What did you think of the media fast Eastern students engaged in?**
UNPLUG: Challenge yourself to take a full day to unplug from social media. When tempted to plug back in, use it as a reminder to pray and listen.
5. **PLUG BACK IN:** Use video meditations to help you spend time with God: dallaswillardcenter.com/video-meditations.

