

Quiet Day
13 November 2020
Silence & The Lord's Prayer IV

Matthew

But whenever you pray, go into your inner room, and having shut/locked/barred the door, pray to your Father who is hidden/secret; and your Father who sees in hidden/secret will reward you.

Father of us who dwells in the heavens;

let be hallowed the name of you;

let come the kingdom of you;

let become the will of you,

as in heaven also upon earth;

the bread of us the *epiousion*¹ give to us today;

and forgive us our debts,

as also we have forgiven those indebted to us;

and do not lead us into temptation,

but rescue us from evil.

For if you forgive others their trespasses/offenses (against you), your heavenly Father will also forgive you. But if you do not forgive others, neither will your Father forgive your trespasses/offenses.

Luke

... and she (Mary) sat beside the Lord's feet listening to his word. ... Mary has chosen the better part, which shall not be taken away from her.

Father,

let be hallowed the name of you;

let come the kingdom of you;

the bread of us the *epiousion* give to us each day;

and forgive us our sins,

for also we ourselves forgive all those indebted to us;

and do not lead us into temptation.

... how much more will the heavenly Father give the Holy Spirit to those who ask him!

¹ "*epiousion*" = super substantial or the bread of the new era (the Kingdom) or the Holy Spirit

“Father/Abba” and the Gospel of John

Transpersonal

1:1 In the beginning was the Word, and the Word was toward God, and the Word was God.

Personal

1:18 No one has ever at any time seen God; the only begotten God who exists into the bosom of the Father that one has revealed him.

Personal and Transpersonal (perhaps a way to ponder this is as a kind of integration of 1:1 and 1:18)

10:30 The Father and I are one.

5:19 Truly, truly I say to you, the Son is not able to do anything from himself, if not what he sees the Father doing, for whatever the Father does, these things also the Son does likewise.

12:49-50 For I from myself have not spoken, but the Father himself who sent me commanded me what I should say and what I should speak. ⁵⁰ And I know that his commandment is eternal Life. Therefore the things I speak, just as told me the Father, thus I speak.

20:17 Go to my brothers (not “disciples” and not “friends”) and tell them, I am ascending to my Father and your Father and to my God and your God.

The “I AM” sayings

The *parakletos* passages

Thomas Keating’s Seven Steps of Centering Prayer as described in *Consenting to God as God Is* (2016)

1. Acceptance
2. Consent
3. Stillness (Surrender)
4. Just Presence
5. Pure Consciousness
6. Incarnational Consciousness
7. Unity Consciousness

Thomas Keating’s Seven Stages of Centering Prayer as described in the Contemplative Outreach Newsletter, June 22, 2012

1. Silence
2. Solitude
3. Solidarity
4. Service
5. Stillness
6. Simplicity
7. Surrender