



Questions:

1. What do you think Eric means when he says that in our contemplative life our intent is more important than our technique?
2. How might contemplative practice engage with the command of Jesus to love God and to love our neighbors as ourselves? Does contemplation only offer personal benefits, or is there a broader effect?
3. What stood out for you from Psalm 46:1-11?
4. How do we become co-creators with God? How does subservience factor in?
5. What can you do for God? What can God do for you?

EPISODE TITLE: “Contemplation: Centering Prayer”

Listen, Episode 5

Featured Guest: Phileena Heuertz

Author, spiritual director, yoga instructor, public speaker and retreat guide, Phileena is passionate about spirituality and making the world a better place. Phileena has led contemplative retreats for a number of faith communities including: Word Made Flesh, World Vision International, Compassion International, as well as non-faith and interfaith groups in leading cities across the nation. She has spoken at a number of universities and seminaries including: Asbury Theological Seminary, Biola University, Creighton University, Eastern Nazarene College, Fuller Seminary, George Fox University, Hardin-Simmons University and Midland University; and conferences such as Q, Catalyst, Urbana and the Center for Action and Contemplation.

Pneuma Divina Scripture: Psalm 46: 1-11

To the leader. Of the Korahites. According to Alamothe. A Song.¹
God is our refuge and strength, a very present help in trouble.²
Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea;³ though its waters roar and foam, though the mountains tremble with its tumult. *Selah*⁴
There is a river whose streams make glad the city of God, the holy habitation of the Most High.
⁵ God is in the midst of the city; it shall not be moved; God will help it when the morning dawns.
⁶ The nations are in an uproar, the kingdoms totter; he utters his voice, the earth melts.⁷ The Lord of hosts is with us; the God of Jacob is our refuge. *Selah*⁸ Come, behold the works of the Lord; see what desolations he has brought on the earth.⁹ He makes wars cease to the end of the earth; he breaks the bow, and shatters the spear; he burns the shields with fire.¹⁰ ‘Be still, and know that I am God! I am exalted among the nations, I am exalted in the earth.’¹¹
The Lord of hosts is with us; the God of Jacob is our refuge. *Selah*

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