

Prayer and spiritual practice

In silence, walk around the room reading the words or phrases from Chapter 2 of *Quaker faith & practice*. Then each choose one that resonates with you in some way.

Spend some time as individuals sitting with your word or phrase in silence, letting the word(s) sink deep into your awareness, perhaps repeating the word(s) silently, inwardly, prayerfully to yourself, as one does in Sacred Reading* practice. If you feel drawn into simply sitting in contemplation, just let the word(s) go, and wait in the Light.

In pairs, share your responses to the practice of contemplating words:

- What spoke to you?
- How does it relate to your own experience or practice of prayer?

*For more about this practice, do a keyword search for 'sacred reading' on the **Being Friends Together** website.

Prayer and spiritual practice

In silence, walk around the room reading the words or phrases from Chapter 2 of *Quaker faith & practice*. Then each choose one that resonates with you in some way.

Spend some time as individuals sitting with your word or phrase in silence, letting the word(s) sink deep into your awareness, perhaps repeating the word(s) silently, inwardly, prayerfully to yourself, as one does in Sacred Reading* practice. If you feel drawn into simply sitting in contemplation, just let the word(s) go, and wait in the Light.

In pairs, share your responses to the practice of contemplating words:

- What spoke to you?
- How does it relate to your own experience or practice of prayer?

*For more about this practice, do a keyword search for 'sacred reading' on the **Being Friends Together** website.
