

## Companioned Prayer™ Practiced Over Time

What happens when we practice Companioned Prayer over time?

### The Great Awakening

What happens as we practice this prayer regularly over many months, even years? We are healed by God's love and grace; we are called into an intimate relationship with him. We are awakened, spiritually. His presence is our most exciting possibility and reality. Our soul becomes aflame for God. We stop looking for "spiritual experiences" in our prayer and find ourselves naturally drawn to him as our silent goal. We are enveloped in wonder and awe at his power and love, present to us now. We find peace in ourselves in finding whom we are created as, in our soul.

We find that our inner awakening is the Great Awakening. We find that our entire life becomes the most exciting journey possible, a journey of becoming one with God, begun here and now in our busy earthly life. We understand that our trials as well as our joys are all part of this transformative journey to God. And best of all, we find that this journey is one that God is making happen for us, because it is certainly beyond our ability to make happen.

We find that our faith and our appreciation for the Church become transformed from simple rational and moral belief into seeing the transformative power and love in the reality of God's presence in all of it. We understand that the value of the liturgy as a transformational sacrament is dependent upon the awakening of our soul in God. When this happens through the passion of God's presence given of Companioned Prayer, then our soul recognizes and responds to the sacraments in the reality and power of the living Spirit of God. And the Church and its faith become for us God's doorway to him given to all of us from his love.

When we pray Companioned Prayer over many months and years, we recognize from inside us that all life is a sacred blessing beyond measure. And we are in awe that we too are called into that blessing. We can only be thankful, and praise God in our worship and service, as we continue to find ourselves responding to his love and truth in all aspects of our worship. We continue to follow his calling as he wills, and we remain open to the continual unfolding revelation of his infinite mystery, without closing ourselves off through a limited or fixed understanding of dogma, while at the same time deeply valuing the great Christian truths taught by the Church that draw us deeper into God's saving presence. We find that our understanding of the scriptures and the Church's teaching increasingly reflects our own inner prayer and worship experiences as we learn to trust God and to let ourselves be drawn into his silent presence. We appreciate that this journey is one of vibrant life, of the living God ever mysterious, ever caring, ever revealing himself, and ever calling us to him. We discover that God loves us completely, utterly, fully, that he delights in us and cherishes us, and we are whole in him. Nothing more, nothing less. When practiced over time, Companioned Prayer offers us God's personal gift to us: himself.

## The Heart's Response to God's Love

With these experiences over time, we find that as God fills our heart with his love, our heart responds. Through his grace our heart gradually learns to love him ever more deeply and passionately. Our love for God leaps with joy, humility and awe at his magnificence and his personal love for us. We are drawn ever more into him and our heart and soul become increasingly focused on him as our most important fulfillment, in which we find divine life.

Through our time with our Lord in prayer, as we begin to appreciate how he has already sacrificed himself for us and given himself to us in love, we find ourselves increasingly giving our self to him – until we discover that through his grace we have totally surrendered to him. All this happens, not because of our doing (since we cannot make any of this happen), but because he is our God who is creating us in his image, by his will, and through his love. All we need do is surrender to him, let him love us completely, and respond to his love. Companioned Prayer is a wonderful prayer to help us do that with sensitivity, openness and faith.