



DIOCESE OF ABERDEEN & ORKNEY

FROM ASHES TO FIRE: A JOURNEY FROM LENT TO PENTECOST

Thursday 13th March 2025

Contemplative Act

On Thursdays during Lent to Pentecost the Ashes to Fire Course will offer a contemplative practice to try, experiment with or reflect on. This might be a way of prayer, a contemplative practice, a suggestion of places to pray, interactions with scripture or more.

Today's contemplative act is Silent Prayer: spending time in silence with God and ways to increase the amount of time you are comfortable in this practice.

You might already practice silent prayer but some suggestions are given to help ease you in.



Silent prayer is one way of praying, of paying attention to God, listening amidst a noisy, busy world and seeking a deeper relationship with the one who creates us, redeems us, sanctifies and sustains us.

A suggested pattern to try is below (adapted from Meg Hunter-Kilmer's [Advent 2024 Boot Camp](#)).

Choose a place where you can settle comfortably and not be distracted. Settle yourself, read one of Sunday's readings then spend five minutes in silence. If you need to focus your mind, reflect on the reading. As you adjust to the silence (it may be that you just appreciate being in God's presence) you can increase the amount of silence by five minutes each day or week.