

Practise Resurrection

Prayer is not telling God what to do, but becoming aware of just how intimately and immediately present God is to our world, to the ones we pray for and to ourselves.

Like Jacob waking up and exclaiming: “Surely the Lord is in this place, and I did not know it”, helping us realise that wherever we are “this [place] is the gate of heaven”.

The following guidelines for “practising resurrection” - for living fully, hopefully and creatively as possible- are not prescriptive, telling us what we should do or be- but descriptive. Like the Beatitudes (“Blessed are the poor in Spirit”, for theirs is the Kingdom of heaven” etc.), they describe how, when we adopt a certain disposition or attitude, in life, we can actually experience life, joy, peace, love and hope. Such dispositions suggested over the coming weeks focus essentially around an openness which allows us to wake up to the reality of grace.

The dispositions, offered here, or as they are sometimes called transcendental precepts, arise out of an inner necessity of the human spirit and open up the possibility of self-realisation and human authenticity. They point to a way where we come to our true selves by going beyond ourselves, discovering who we really are through awareness, love, responsibility and commitment.

Practising resurrection an invitation to enter into a way of life that leads to life. It is not about trying harder: it is not about achievement or success. These precepts are practical and practised ways of living in a grounded and real way, and they include the following ground-rules:

Is, not should: reminding us how deadening the “should” and “oughts” in our lives can be

Drawn, not driven: hinting at the authentic and gentle movement of the Spirit of God, rescuing us from the tyranny of our addictions and compulsions

Now, not then: moving us away from the grip of regret about the past and anxiety about the future

What, not why: helping us focus on the reality or the facts of life rather than being lost in the endlessness of the often futile question “why?”

Me, not you: allowing us to move away from competitiveness and defensiveness into the grace-filled responsibility of learning to live out of our truth.

Each week during the Lent and Easter seasons there will be a simple invitation to put into practice a disposition or attitude that allows you to become more fully human, more fully alive.

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Be present

Our true home is the present moment. The miracle is not to walk on water. The miracle is to walk on this green earth in the present moment.

Thich Nhat Hanh

“Present” can mean both “gift” and “now”. To live now- is to live life as a gift.

We don't make God present. God **IS**. Prayer (with all its associated disciplines) is aimed, at the least, simply at our basic problem: our tendency to forget our “liberating connectedness” with God.

Take time.

Settle down.

Listen to sounds.

Look around.

Notice your breathing.

Relax.

Say gently and repeatedly: *Here I am*

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