

Levels of Relationship

Acquaintanceship

- getting to know a person
- interest

Friendliness:

- wanting to spend time with the person
- wanting to get to know the person better
- exchanging ideas, thoughts, concerns

Friendship:

- growing intimacy and affection
- mutual self-disclosure
- building of trust
- crises (need for communication and conflict resolution and forgiveness)
- regularly creating space and time for the friendship

Union:

- being with
- surrender—trust
- experience of oneness
- silent sharing of presence

Lectio Divina

Lectio: **Reading** the Word and listening. ***What word or phrase particularly speaks to you here and now?***

- listening to God's Word **with our ears**
- receptivity and respectfulness

Meditatio: **Reflecting.** ***What is God saying to me right now through this word or phrase?***

- listening to the Word **with our mind**
- reflecting on and pondering God's Word
- application of God's Word to daily life

Oratio: **Responding** with our whole being. ***Prayer response from our heart.***

- listening to the Word **with our heart**
- affective response; feeling response
- greater transparency-mutuality with God
- deepening trust
- open, honest response to God, which may include conflict with God as well as times of closeness (see the Psalms)
- may include journaling, art, tears, other expressions of our heart
- love and longing for God; deepening desire for and commitment to daily prayer time

Contemplatio: ***Resting in God.*** The practice of Centering Prayer is one pathway.

- listening to the Word **with our whole being**
- being with God
- deepening sense of peace, quiet, joy, and trust
- consenting to God's presence and action within us, letting go of attachment to feelings, sensations, experiences, concepts of God
- experiences of oneness with God