

# 6-week Series from the Contemplative Life Program ACTIVE PRAYER – A GUARD OF THE HEART PRACTICE

*"Guard your heart above all else, for it determines the course of your life."*

Proverbs 4: 23 NLT

Wednesdays 6am – 7 am,  
July 15<sup>th</sup> through August 19<sup>th</sup>, 2026  
*All are Welcome – Come as you are!*



## Morning Schedule

5.45 am Zoom Room opens with music

6 am 20-minutes Centering Prayer

Followed by Active Prayer teachings

Holy Listening, Sacred Sharing

Zoom closes no later than 7 am

→Mike Moyers – The Emmaus Road

At the end of early editions of Open Mind, Open Heart appears a list Thomas Keating calls “Means of Extending the Effects of Centering Prayer into Daily Life.” The Active Prayer is one such practice.

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*I will bless the Lord at all times; his praise shall always be in my mouth.*

Psalm 34:1

Active prayer is a way to en flesh the Word into the flesh of our human hearts. As St. Paul encouraged in his letter to the Thessalonians, we should pray without ceasing with each breath and heartbeat of our being. ... The active prayer method, like all contemplative practices, is actually not a method at all. In the words of the wise Mount Athos monk, it is rather a relationship, something personal and emotional.

From the Contemplative Life Program Active Prayer Introduction

May our 6-week journey be one of Divine Grace

*... All of you are children of the light and children of the day...*

*Therefore, encourage one another and build one another up...*

*Be at peace among yourselves.*

*We urge you, brothers and sisters, ...*

*always seek what is good (both) for each other and for all.*

*Rejoice always. Pray without ceasing...*

1 Thessalonians 5: 5,11,13,14,16,17.

For further information, zoom link and to register your intention to attend,  
please contact Christine: [chris.kesans@gmail.com](mailto:chris.kesans@gmail.com) or 604-817-6840