

TTT 402. "Your Voice Matters" Tips for new and inexperienced speakers. Part 7. 18 February 2025

Teaching Tip 402 | "Your Voice Matters". Part 7 - Contemplative Prayer. Tips for new and inexperienced speakers | Malcolm Cox

Introduction

Last week, we explored the importance of titles. This week, we explore contemplative prayer.

Today's Tip

Today's tip comes from Trevor Mendez in Boston. Trevor says:

"Spend lots of time in contemplative prayer, seeking God's guidance over what you'll say and how."

Thanks, Trevor. Your point is vitally important. What does this mean? Why is contemplative prayer important, and how do we open ourselves to God's guidance through prayer?

God speaks in prayer

Studying the text is vital for sermon preparation. During that process, we hear from God through his Word. However, that's not the only way God speaks to us. Haven't we all felt that prompting, that urging, that special insight that comes while praying or just after?

Listen

Relationships deepen when we listen. The same is true of our understanding of Scripture. Why not take your text to God, talk it over with him in prayer, and listen? For example, let's say you were speaking on this text:

"Salt is good; but if salt has lost its saltiness, how can you season it? Have salt in yourselves, and be at peace with one another." (Mark 9:50 NRSV)

In contemplative prayer, I would turn the word "salt" over and over in my mind, asking God what he wants me to understand about it. I'd picture it, imagine tasting it, thinking of coarse grain as opposed to fine-grained salt. I would consider its purpose, its origins and its effects. I'll be asking God the question, "What does it mean to have salt in myself?", and, "What does it mean for a congregation to have salt in it?". I'd also be asking, "How is this connected with being at peace with one another?"

Conclusion

For more details on contemplative prayer, I refer you to this page on my website:

<https://www.malcolmcox.org/how-to-ask-in-prayer-contemplative-prayer/>, and this podcast on the topic: <https://audioboom.com/posts/7733707>

Question

How do you feel about employing contemplative prayer as part of your lesson preparation?

Please add your comments on this week's topic. We learn best when we learn in community.

Consider joining us at [AIM](#) UK & Ireland for faith-building teaching:

<https://aim.moodlecloud.com/>.

Do you have a question about teaching the Bible? Is it theological, technical, or practical?

Please send me your questions or suggestions. Here's the email: malcolm@malcolmcox.org.

If you'd like a copy of my free eBook on spiritual disciplines, "How God grows His people", sign up at my website: <http://www.malcolmcox.org>.

Please pass the link on, subscribe, and leave a review.

Keep calm and carry on teaching.

God bless, Malcolm

[How to Ask in Prayer - Contemplative Prayer](#)