

## **Colloquy: A Prayer Conversation**

### Listening to God in Prayer and Journaling

“Colloquy” is an old word that means “a gathering for discussion of theological questions.” But as a spiritual formation practice, Colloquy Prayer is a very imaginative, conversational way to speak with God and listen for God. In short, we write or speak or pray something to God, then we listen for his response.

The important idea here is NOT TO EDIT YOURSELF in prayer - e.g. “Would God really say it that way?” For most people, writing this prayer conversation with God may therefore be the best way to listen. Simply write a few lines of prayer, and like a good conversation, include questions to God. Then pause, listen, and write what you sense - or imagine - God is saying back to you. Don't edit God's response or your response to God - *just keep going*. Give yourself permission for this to be more of a “stream of consciousness” style of prayer.

At the end of the prayer conversation, you do not need to definitively say that what you wrote or heard from God was absolutely God's voice. Or you may have a deep sense that you have heard from God. The goal here is to practice a listening and responding posture to God.

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Begin by taking a minute of quietly calming yourself and laying down other distractions. Then pray this breath prayer from Samuel a few times until you feel ready to start your colloquy prayer: “Speak, for your servant is listening.”

Normally, you'd start with a question or concern you might have about your work, relationships, or things happening around you. Or, you might start by simply asking God, “What is on your heart for us right now?”

Then start writing a listening conversation...