



**Heather Rogero** is a wife, mother of three, mentor, and ordained minister in Arlington, Virginia. She holds a BA in Church Ministries from SAGU and a MA in Biblical Literature. She met her husband in seminary and began courting as they translated the book of Ruth for Hebrew class. She is currently pursuing post MA certification in Spiritual Direction. Serving alongside her husband and singly over the past 20 years, she has served in various ministry positions including pastoring, teaching, and women's ministries including a season of traveling full time, speaking at retreats through founding Intrinsic Beauty Ministries in the 90's. Her desire is to encourage others in greater intimacy with God and soul nourishment through spiritual disciplines. Being on the special needs parenting journey, she has embraced quiet communion prayer.

## **Soul Rest in Communing Prayer**

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**Seasons of life, sacred rhythms if we hear the silence of the rest between the stanzas.**

**In this current and past season, my soul has found solace in the formative, transformative, restorative place of silent communion prayer in His Presence.**

**We walk in His grace through stages of spiritual formation as the communion of prayer develops in our lives. We begin with *supplication*. Then *listening* brings new revelation of hearing and discerning God's voice. As we mature in our faith, we enter into *intercession* on behalf of others; prayer both intellectually and through the Spirit, allowing us to grow in compassion. Supplication and intercession, both *communication prayer*, begins as a monologue and moves to become a dialogue as we begin to listen to God.**

It seems through this past season, a different mode of prayer has been most restful and restorative for my soul. Prayer, not filled with verbal utterances, *communication* from the heart, but sweet *communion prayer*; just *being* with God in His Presence. Just *being* has been nothing less than transformational.

In those extended quiet spaces, His Living Presence is known. I experience the kingdom of God within (Luke 17:20b-21, Col. 1:26-27. ) In responding to His invitation to meet Him, acknowledge in sweet communion that "inner soul Sabbath," I am graced in that sacred place. It's a place of sheer joy in solitude; of being *still* and knowing He is God. The Hebrew *still* of Psalm 46:10, in context, connotes a relaxing. I like to think of it as being completely relaxed and resting in God with an attentive heart, eyes, and thoughts toward Him, almost as if one would climb up in a cozy oversized chair and just be covered in His Presence as with a blanket.

The beauty of *communion prayer* is where God has sacred space to transform our souls, allowing us to abide with Him in the very present time where He is, *I AM*, always present tense. It allows for an embrace of unconditional love in every crevice of the soul. It brings soul rest beyond words.

*Communion prayer* is also the place where, through the Holy Spirit, self-awareness and examining the heart becomes a time of formation as God is allowed access to our whole hearts, both receiving and returning His embrace of our soul. Brother Lawrence described it as “practicing the presence of God.”

Jesus invites this type of soul rest in Matt. 11:28-30:

*Come to me, all of you who are weary and carry heavy burdens, and I will give you rest ... Let me teach you, because I am humble and gentle at heart, and YOU WILL FIND REST FOR (TO) YOUR SOULS.*

The Greek word *rest* here means *quiet, recreation, and refreshing rest*. This *rest* is found in Jesus, not in a fabulous spa day, or an amazing trip to a warm, sunny beach, although those have their types of rest, too.

Entering that sacred space of *communion* with our faces, hearts, and minds upon Him is quite possibly the simplest form of prayer. I find it best to start by being comfortable and releasing tension in my body. Some like to focus on the rhythm of breathing with closed eyes only to help focus on God alone. There's no set way to begin to simply acknowledge His nearness, His Presence that cannot be described in mere words, that cherished time of soul rest, of communion with attentive listening and silence is a precious gift to be enjoyed daily.

It becomes easier as it becomes a habitual spiritual discipline or practice, a tool that leads us into His Presence, communing with God for the sake of being near Him. Before long, we realize we are being transformed. As we are with Jesus and the Father, we begin to realize how much He loves us. Scripture becomes reality.

*I have given them the glory you gave me, so they may be one as we are one. I am in them and you are in me. May they experience such perfect unity that the world will know that you sent me and that YOU LOVE THEM AS MUCH AS YOU LOVE ME. ”*

John 17:22-23

*My beloved spoke and said to me,  
Arise, my darling, my beautiful one, come with me.*

Song of Solomon 2:10

“You have made us for yourself O Lord, and our hearts are restless until they rest in you.”

St. Augustine