

## Praying with the Path of Compassion

Suu Kyi, winner of the Nobel Peace Prize in 1991, follows a threefold path of compassion: “The courage to see. The courage to feel. And the courage to act.” This “Path of Compassion” seems to lend itself to the ancient practice of *lectio divina* (sacred reading) as well as *audio divina* (sacred listening) and *visio divina* (sacred seeing). The following suggestions are ways you may pray with this path.

### 1. **Courage to See** (and I would add **Courage to Hear**) – *lectio divina, audio divina and visio divina*

See with the eyes of your heart (see God through scripture, poetry, art, dance, creation)

Listen with the ears of your heart (hear God through music, nature, voices)

Notice what words or images come to mind as you observe and pay attention to God in our midst.

### 2. **Courage to Feel** – *meditatio*

Reflect on what God seems to be saying to you through these words, images or events.

As you ponder the words and images that speak to you in a personal way, allow them to move from your mouth, eyes, ears and mind to your heart, to a place of deeper awareness. What we see and hear is not always comfortable; that is okay. Tell God, honestly, how you are feeling.

### 3. **Courage to Act** – *oratio*

How does Christ invite you to respond to these words or images? Ask, “God, Where are you leading me?” Be receptive to what God may want to do with you. Pause and collect a prayer (spoken or sung) to return to God. Allow your deepest self to be touched and changed by God.

*Contemplatio* - Wait and listen, let go of your own words, and simply “be” with God.

Continue to carry these thoughts, words and images with you throughout the days and weeks ahead, offering them to God in prayer.

## ***Opening Ourselves to God***

*When we open ourselves to God’s presence and abandon ourselves to divine truth, the creative power of God’s love stirs within us.*

*We begin to see things that we never saw before. God starts to do things through us that surpass what we could ever do of our own accord.*

*New life springs forth from our depths.*

“Humble Leadership” – Graham Standish

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