

CENTERING PRAYER

Centering prayer is a practice that leads one into the inner room of the soul and can usher you deeper into prayer. Find a quiet and comfortable place to sit. Rest both feet on the floor so as to not restrict blood flow.

For this form of prayer, choose a sacred word that symbolizes your intention to consent to God's presence and action within you. If your mind wanders, gently return to your word or phrase. When you realize your mind has wandered, don't be hard on yourself or analyze why you lost your way, simply return to your word and into stillness.

Your sacred word can also be a short phrase or verse from Scripture. Examples of words or phrases are "peace", "Abba Father", "thank you", "God my provider", or "the Lord is my shepherd".

Any word, phrase, or verse you cherish may land well with you for centering prayer. This word or phrase is simply used to keep your mind from wandering. You can change the word each time you pray OR say the same word to build consistency.

People who practice this prayer often find that their distracting thoughts drop away, enabling them to rest in a spacious, silent sense of God's presence. Through this simple but steady way of prayer, our hearts are reoriented. Start with a couple of minutes and slowly work your way up to 10-15 minutes at a time. Feel free to write about your experience in a journal afterwards or simply know that you have rested in God's love!