

CENTERING PRAYER

Centering Prayer is a silent prayer practice focused on a single word or phrase that God gives you.

**For this practice, spend about 20 minutes in prayer.
If it's helpful, set a timer for yourself.**

1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within.
(Examples: With, Jesus, Holy, Lord, Love, etc.)
2. Sitting comfortably with your eyes closed, briefly & silently introduce the sacred word as the symbol of your consent to God's presence and action within.
3. When engaged with your thoughts, return ever-so-gently to the word.
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.