

CALM. QUIET. HOPE. TRUST.
WEEK TWO

SPIRITUAL PRACTICE: Centering Prayer

Centering prayer is a contemporary form of an ancient Christian prayer practice that takes us gently into a deeper and deeper intimacy with God. We are invited to be still and silent with the Divine. We sit down with the intention to consent to both the presence and action of the Holy Spirit within us, inviting Him to heal and transform us.¹

Choose your word: Calm. Quiet. Hope. Trust.

In centering prayer, we use a single word (not a phrase) to focus on God and prepare ourselves for the gift of God's presence. For this experience, choose one of our theme words; calm, quiet, hope, or trust. If the Lord lays a different word on your heart, do not ignore the leading of the Spirit.

Find a position that allows you to be relaxed and alert. Close your eyes and breathe deeply several times. Consciously release any muscle tension you become aware of.

Begin by asking the Lord to teach you how to still your soul. Ask Him to bless you, protect you, guide you...as you spend this time with Him. Know that it is His good pleasure to help you learn to draw near to Him!

As you become relaxed, silently and gently offer your sacred word to God as a sign of your desire for and consent to God's presence and action within you. As you become aware of other thoughts, memories, feelings or images, instead of fighting them, gently return to your sacred word.

Remain in this state of rest and receptivity to God for 20 minutes or so. End with our breathing prayer, the Lord's Prayer or another prayer from your heart.

Close your prayer time by thanking God for calm, quiet, hope or trust.

¹ Thomas Keating, *Open Mind, Open Heart*.