

CENTERING PRAYER

Centering Prayer is a method of prayer, which prepares us to receive the gift of God's presence, traditionally called contemplative prayer. Follow these steps:

1. Choose a sacred word (one or two syllables) that supports your desire to be in God's presence and open to divine action within (ex. Jesus, Peace, Spirit, Love, Saviour; additional names can be found by clicking on the link "Names for God, Jesus"). Stick with the same word throughout your practice.
2. Set a timer (one that is not too loud) for 20 minutes.
3. Sit comfortably, not rigidly, with your eyes closed.
4. Relax all your mind and body to become at ease.
5. As distracting thoughts, feelings or bodily sensations enter your awareness, allow your sacred word to be gently present as a reminder of your sincere intention to be open to divine action within.
6. After 20 minutes have passed, quietly and slowly, recite the Lord's Prayer.
7. Practice centering prayer for 20 minutes once or twice a day.