

# Centring Prayer



*Contemplative prayer moves beyond conversation to union with the Holy One who dwells within. Centring Prayer is simple in principle but difficult to do and takes practice. It is worth the practice as it is transformative—the fruit of Centring Prayer emerges slowly in daily life. This format can be used individually or in groups as someone leads others through the steps.*

## **Step 1 Select a sacred word**

- In silence be aware of God's presence with you and see if a word comes to mind, mull it over and see if it seems good to you.
- Having chosen a word don't change it during this prayer period.

## **Step 2 Settling into silence**

- Find a comfortable place to sit (you might prefer to lie down)
- Close your eyes
- Take some deep breaths—in and out slowly
- Gently introduce your sacred word

## **Step 3 Staying in silence**

- Thoughts, feelings, outside distractions will emerge...this is normal
- Notice them but don't engage them in conversation, take a few deep breaths and return gently to your sacred word.

## **Step 4 Emerging from silence**

- In your own time set your sacred word down
- Spend a few moments noticing what was going on within.
- Pray together something like the Grace or the Lord's Prayer

