

Stilling

Stilling is a powerful practice. In our busy world we often forget the ancient wisdom that we are human beings not human doings.

For this practice you sit still, notice your breathing and gently call to mind good things received, difficult burdens carried or things you long for. This helps you become more grateful, humbler and more purposeful. It is also a beautiful and profound way to pray, and Christians have been doing it for most of their history.

1. Place

Find a comfortable chair, and maybe a cushion, in a place where you will be undisturbed for 10 minutes. Bring a rug or blanket if you like.

2. Posture

Sit back in the chair, upright and alert but at ease. You could support your back with the cushion and wrap the rug around you. Put your feet flat on the floor if possible. Check your neck and shoulders – are they relaxed?

7. Pray

Psalm 46 says: 'Be still and know that I am God'. As you finish, say these words to yourself a couple of times as you slowly breathe in and out.

6. Palms up – please

Imagine someone is placing something good into your hands. What do you long for deep inside? It might be for yourself or for others. Ask God for this: 'Please God...'



3. Presence

Breathe in slowly, counting to three:

1... 2... 3.

Visualise or feel what you hope to receive from this time.

Then breathe out slowly counting to three:

1... 2... 3.

Let go of anything that feels heavy or difficult about today. It's often helpful to close your eyes.

5. Palms down – sorry/sorrow

Imagine you are dropping or letting go of something; it might feel heavy, sad, tiring, burdensome or shameful.

It might be something you've done, or something that was done to you.

You might want to say sorry, or say sorry to God: 'God, I feel sorry/sad about _____ help me to let go.'

4. Palms up – thank you

Turn the palms of your hands upwards. Call to mind good things from the past day, weekend, week, the good things placed into your hands. Christians believe that God creates all good things in our world. You can thank God for those good things: 'Thank you God for...'