

CENTERING PRAYER

Centering Prayer is a form of Christian meditation that emphasizes silence, stillness, and letting go of thoughts to deepen one's relationship with God. It is rooted in ancient contemplative practices.

PRACTICE - CENTERING PRAYER

1. Choose a Sacred Word

Pick a short, simple word that expresses your desire to be with God. Examples: Love, Peace, Jesus, or Stillness.

This word is not repeated constantly, but used gently to return to your intention when you're distracted.

2. Set a Timer

Start with 10–20 minutes. You can use a gentle chime or bell sound at the end.

3. Sit Comfortably and Close Your Eyes

Sit in a relaxed but alert posture. Close your eyes to eliminate distractions. Gently introduce your sacred word to anchor your intention.

4. Be Still and Let Go

As thoughts, feelings, or distractions arise (and they will), don't engage with them.

Simply return—gently and without judgment to your sacred word.

This isn't about fighting thoughts—just letting them pass like clouds.

5. Rest in God's Presence

The goal is not to feel a certain way or reach a certain state.

It's about resting in silent trust and being with God beyond words or thoughts.

