

# STEPS TO CENTERING PRAYER

Centering prayer is a form of contemplative meditation that has ancient roots in Christianity. It is useful in recognizing God's closeness as we begin to identify God's presence in our lives.

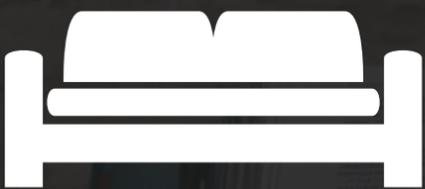
## CHOOSE A SACRED WORD



Choose a word to be a symbol of your intent to focus on God. This is not a mantra to be repeated over and over. Rather, the word is a reminder to stay open to God. So choose a simple word that reminds you of God: "Jesus, Abba, love, peace, grace, holy..."

*You need not always use the same word, but do settle on one word per session.*

## SETTLE COMFORTABLY



Find a quiet space and sit comfortably--in a way that allows your body to relax, but your mind to stay engaged. Close your eyes and introduce the word gently to your mind, repeating as necessary.

*As a general goal, aim for 20 minutes of centering time.*

## RETURN TO THE WORD



Your mind will wander. As you feel yourself drifting towards distracted thoughts, return to your word. When it's time to end, say a short prayer of thanks.

*Gently notify yourself of the **expiration time**. Using a soft tone from a timer is recommended.*

**What do you notice?** Some sessions may feel deeper than others, but all sessions are of benefit. Practicing centering prayer two times a day is recommended. Centering prayer does not replace other kinds of prayer, and we should always be aware of ways we can lift up others through prayer.

Sources:

<http://www.contemplative.org/contemplative-practice/centering-prayer/>, <http://www.centeringprayer.com/>, <http://prayer-center.upperroom.org/>