

## STEP 1

Choose an amount of time to sit with God (start with 3-5 minutes and work your way to 20 minutes). Set a timer so you don't have to worry about keeping time.

## STEP 2

Ask the Holy Spirit to help you choose a focus word that will give your mind something to go back to when you get distracted (ex: a name of God, a characteristic of God, a fruit of the spirit). This word is a symbol of your consent to God's working in your life or a way to say yes to what God is doing. *If you don't have a focus word, you can turn your thoughts back to your breathing or take an inward glance at God's presence in you.*

## STEP 3

Settle down and get comfortable. Introduce your focus word. Close your eyes to eliminate distractions & begin to rest in his presence & in the silence.

## STEP 4

As your mind wanders, be gracious and gentle with yourself. Use your focus word to bring your mind back from wherever it's wandered and continue to rest in God's presence.

## STEP 5

Once you come to the end of your time, you can sit for a couple minutes to help transition into whatever you're going to do next.

# CENTERING PRAYER

## Summary

### WHAT IS IT?

- A way to be silent with God and practice what he tells us in Psalm 46:10 "Be still, and know that I am God..."
- Coming to God with a heart posture of humility and surrender to the work that he is doing in your life
- A way to remind our hearts that God is closer to us than our own breath, our own thoughts, and our own emotions.
- A reminder that he's at work inside of us and that everything isn't up to us all of the time.
- A way to be with God and rest in his love as he delights in us, not because of anything we've done but because he just does.
- A way to give yourself quiet and space and time to practice what it is to stop striving, fix everything, figure everything out, stop talking, moving and all of the things that we get tangled up in.
- It's not meant to replace other types of conversational prayers with God, but it is good or deepening our intimacy with Christ and enhancing those other practices to bring new depth and meaning to them.

### WHAT IS THE PURPOSE?

- Centering Prayer is a great way to prepare your heart if you're going to be doing another practice. It helps you to settle down and move into a different way to engage with God.
- The fruit from Centering Prayer isn't normally found in the moment of the practice but it's more likely to make you more aware of his presence in your daily life and his actions in your daily life and makes your mind more readily able to bring yourself back to Jesus when you're distracted by other things.

### A REMINDER

It's important to try and avoid analyzing your experience. Just let it be with it is. You're sitting in the loving gaze of God and it can just be that, it doesn't need to be anything more.