



Centering *Prayer*

1

Choose a Time. Set aside at least 20 minutes to practice centering prayer. Look for a timer that can alert you gently when 20 minutes has elapsed. A gentle reminder is best because the end of 20 minutes is a sign to conclude your prayer (not a sign that your prayer has ended).

2

Choose a Sacred Word. A word that draws you into prayer. This word will be like a compass in your hand that helps call you back to interior silence (ex. mercy, peace).

3

Settle into a Comfortable Position. If it helps close your eyes as a sign of letting go of the world around you making yourself available to God.

4

Introduce Your Word. Gently introduce your word in your mind. Let yourself simply be. As thoughts or distractions arise, call to mind your word (always gently) and let it return you to interior stillness.

5

Withdraw from Prayer. When you sense your time is done (or alarm alerts you) begin to withdraw from prayer. Thank God for the time spent in prayer. Let your mind, spirit, and body reacclimate to your surroundings.