



centering prayer

pause reflect
focus

August 1, 2024

It is as if God says to me:

My earth speaks
to you in the
stillness of
summer mornings.

Press your ear upon the earth. Listen to my life.
You are a prayer happening forever in my heart.

You are my earth's keeper.

We are in this together.

Please, go deeper now into the listening,
and remember.

Centering Prayer is a receptive method of Christian silent prayer which deepens our relationship with God, a prayer in which we can experience God's presence within us.

The method of Centering Prayer consists in learning to withdraw attention from our thoughts – those incessant creations of our busy minds – in order to rest in a gentle, open attentiveness to divine reality itself.

Centering Prayer familiarizes us with God's first language which is *silence*.

Guidelines for Centering Prayer

1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within. Examples of a sacred word: *Silence, Stillness, Faith, Trust, Holy, Glory, God, Jesus, Abba, Father, Mother, Amen, Love, Listen, Peace, Mercy, Let Go.*
2. Sitting comfortably and with eyes closed, settle briefly. Silently begin to repeat the sacred word, which points you gently towards God's presence. When you are ready, you can let go of the sacred word and simply rest in God.
3. When outside thoughts engage or distract you, return ever-so-gently to the sacred word and turn towards God's presence.
4. At the end of the prayer period, remain in silence with eyes closed.

Most Loving God:

Your grace and love are awakening us, turning us, softening us, and like a sunflower we respond in kind to the warmth of your light, life, and love.

Amen.

A PRAYER OF AWARENESS

We wake to the forgiveness of a new day.
We wake to the freedom to begin again.
We wake to the mercy of the sun's redeeming light.
 Always new
 always gift
 always blessing.
We wake to the forgiveness of this new day.

Be still and aware.

A TIME OF SILENCE (20 minutes)

A READING FROM PSALM 143

O Bringer of Joy, Awaken my heart;
pour your love and blessings
 through all my being!
Free me from my attachments and desire,
that I may become a clear mirror,
reflecting your love to the world.

Sustainer of the Created:

**May the light of God surround us.
May the life of God sustain us.
May the love of God enfold us.
May the power of God protect us.
May the presence of God nurture us.
May the promises of God inspire us.**

Amen.

RESOURCES

Cynthia Bourgeault, *The Heart of Centering Prayer*

Peter Traben Haas, *Centering Prayers*

Nan C. Merrill, *Psalms for Praying*

John Philip Newell, *Praying with the Earth*

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