

# Centering Prayer

## CHOOSE A SACRED WORD

Choose a word from a scripture verse that can draw you into prayer. Shorter and simpler words are better because you will return to this word often.

## SIT COMFORTABLY WITH EYES CLOSED

Find a place to sit with your back straight and hands open. If you are comfortable, close your eyes & let go of all that this day has held.

*Set a timer. Begin with small periods of time and work up to longer periods of prayer.*

## INTRODUCE THE SACRED WORD

Introduce the sacred word in your mind and allow yourself to simply be. When distractions arise, return to your word.

*Sit with the word until the timer draws you from prayer.*

## WITHDRAW FROM PRAYER

When time is up, begin to withdraw from prayer. Stretch your body. Give thanks for this time spent with God.

## TRUST IN GOD AND IN YOUR PRAYERS

Scan here to download the  
*Centering Prayer* app.

