

# Centering Prayer

- ❖ **Choose a quiet place away from distractions**
- ❖ **Sit in a comfortable position**
- ❖ **Take 3-5 slow deep breaths**
- ❖ **Choose a word (love, peace, hope, faith, Jesus, rest, bless me, hold me...)**
- ❖ **Ask God to be with you**
- ❖ **Close your eyes (it really does help)**
- ❖ **Focus on your word, use it as an anchor, a symbol of your intention to be in God's presence.**
- ❖ **If you feel your mind drifting, come back to your word, say it a few times to yourself, while taking slow deep breaths, to re-center yourself**
- ❖ **Remain quiet for five (5) minutes. Set a timer**  
**Start small - As you become comfortable with this form of prayer, you can increase the quiet time.**

