



*Keep the Faith, Change the Church*

## Guidelines for Centering Prayer

- ❖ Choose a sacred word as the symbol of your intention to consent to God's presence and action within.
- ❖ Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within. Once you have done so, you can simply drop the silent word.
- ❖ When your thoughts (sensations, feelings, images and reflections) intrude, simply return ever so gently to the sacred word.
- ❖ At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.