



# Centering Prayer

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- 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.
- When engaged with your thoughts, 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.

*Guidelines from Thomas Keating*

“But whenever you pray,  
go into your room and  
shut the door and  
pray to your Father  
who is in secret;  
and your Father  
who sees in secret  
will reward you.”

Matthew 6:6