

Centering Prayer Session 3

About Centering Prayer



A DISCIPLE'S HEART

The purpose of centering prayer is not to create peace or empty your mind but to cultivate relationship with Christ through silence. It goes beyond thoughts and visual images to the core or center of your being. The focus of centering prayer is the desire to be with God, who is within you, to allow God to work within you, and to silently surrender to God's love.

Basil Pennington's Method of Centering Prayer*

Sit relaxed and be quiet.

1. Be in faith and love to God who dwells in the center of your being.
2. Take up a love word and let it be gently present, supporting your being to God in faith-filled love.
3. Whenever you become aware of anything, simply, gently return to the Lord with the use of your prayer word.

Another way to describe this method:

1. Be with God within.
2. Use a word to stay.
3. Use the word to return.

*Adapted from M. Basil Pennington, *Centering Prayer: Renewing an Ancient Christian Prayer Form* (New York: Doubleday, 2001), xv-xvi.

Instructions for a Time of Centering Prayer

1. Select your centering word. It can be any word to focus on as you pray (e.g., *light, love, Jesus, mercy, peace, Abba, Maranatha, Yahweh*). Write your centering word below:
2. Assume position following the instructions provided.
3. Listen to Psalm 51:1-2, 10 as it is read aloud.
4. Say your centering word silently for the allotted time.
5. Pray the Lord's Prayer in unison.

Reflections on the Experience: