

CENTERING PRAYER

INVITE

Find a quiet, comfortable place. You could make a den with sheets and cushions. Or make yourself comfy on a sofa. Say, “Father God, be with me/us now. Here in this place.”

BE STILL

Sit quietly, close your eyes and focus on your breath – in through the nose, out through the mouth until you feel your body and mind relax and your thoughts quieten down.

CHOOSE

Choose a short phrase or a word that will help you to focus on God. You could say, “Come Lord Jesus”, “Come Holy Spirit” or “You are with me God”.

REST

Try to stay as still and quiet in your mind and body as you can. If you feel your thoughts starting to wander, repeat your phrase or word until they quieten again. Picture yourself sitting next to God, not speaking, just sitting.

GIVE THANKS

When you have finished, say “thank you God for being here with me/us.”

