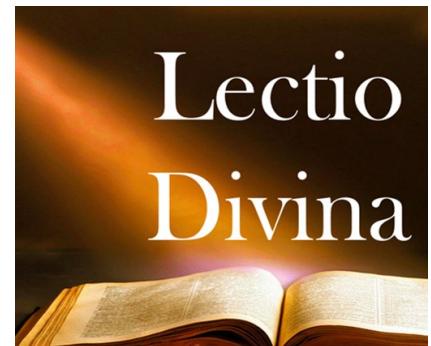


“Be still...

“*Lectio divina*” translates to “divine reading.” It is a simple, profound practice of deep reading as an invitation to meditating on God’s Word and allowing it to shape prayer within us.



Preparation

Choose a Scripture passage with which to pray.

Sit comfortably, shifting your body so you feel relaxed and open. Take as much time as you need to turn inward and settle into stillness.

Reading God’s Word (Lectio)

Read the scripture passage, out loud and slowly, a couple times, taking time between to let the text sink into you.

Listen for a word or phrase that captures your attention: the one that shimmers and seems especially full of meaning for you in this time.

Reflecting on God’s Word (Meditatio)

Read the scripture passage again and continue to savor the word or phrase. Notice what feelings or images arise for you, where this passage touches your life.

Responding to God’s Word (Oratio)

Listen for the ways God is inspiring you through the words and the insights it reveals.

Allow the Spirit space to guide you in giving voice to your hopes in response to the word.

Address your response to God in silent prayer.

Resting with God’s Word (Contemplatio)

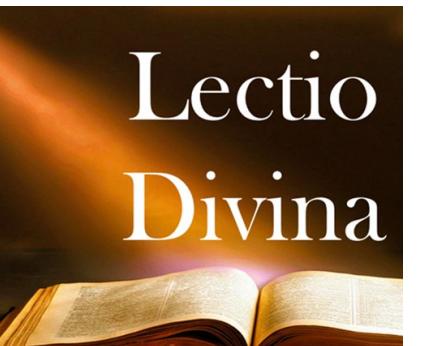
Finally, simply rest in the presence of the One who has spoken to you intimately, in the silence of God’s loving embrace and allow your heart to be moved to gratitude for this time of prayer.

My Practice:

“Be still and know that I am God.” ~Psalm 46:10

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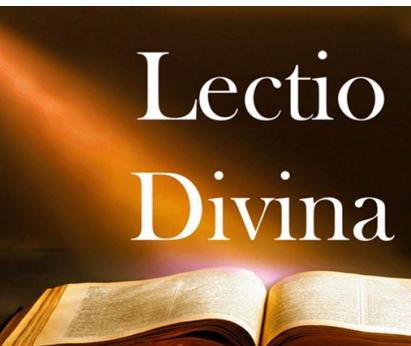
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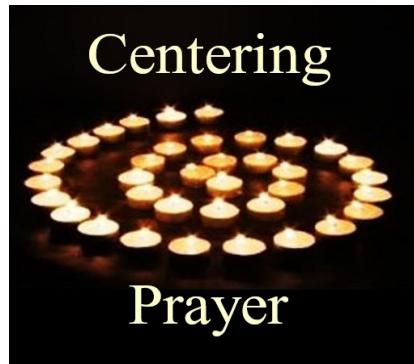
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“... and know!”

“Centering Prayer” is a practice of growing silent to hear the “still small voice” of God within. As Jesus encourages, it is “to come to a place apart” for a time, and there to open ourselves to God’s presence and action at the deepest levels of our being.



Preparation

Sit comfortably, in whatever way is natural, relaxed and comfortable for you.

Pray for the gift of a sacred word or phrase with which to center yourself.

Enter In

As you grow still and silent, allow your sacred word or phrase to clear and focus you.

Give gentle attention to your breathing: breathe in an awareness of the presence of the Spirit; breathe out anything that pre-occupies or distracts you.

Thoughts and mental distractions are natural. Don’t engage them. Rather, gently lay your sacred word over them and let them pass.

Dwelling In the Center

Grant yourself a period of uninterrupted time in silent prayer ... 15 or 20 minutes.

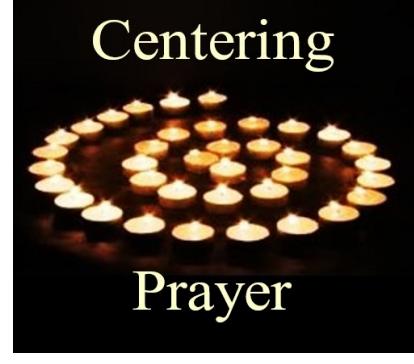
Allow God to minister and speak to you there ... regularly!

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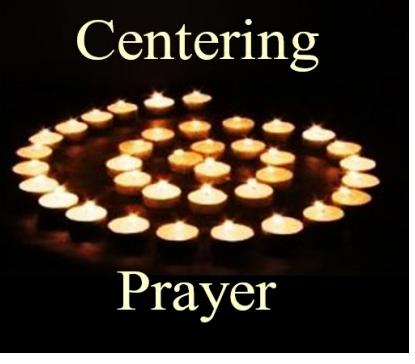
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