



Francis House of Prayer

Trenton Diocesan Spiritual Center

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AN INVITATION TO CENTERING PRAYER

Centering Prayer

- ❖ Is coming to a stillness of spirit and a stillness of body...
- ❖ Is being present to God in faith and love...
- ❖ Is letting everything else go and turning our attention to God whom we know by faith to be present at the center of our being, although we may not sense God's presence...
- ❖ Is responding to God's love by giving ourselves...our time, our attention, our love, and our selves to God.

Guidelines for Centering Prayer

- Sit relaxed, upright, and still. Close your eyes.
- Be present in faith and love to God who dwells in the center of your being.
- Silently take up a word (mantra) and let it be gently present, supporting your being to God in faith-filled love. The word is simply a means of turning our attention beyond ourselves, a method of drawing us away from our own thoughts and concerns.
- Whenever you become aware of anything, simply, gently, return to God with the use of your prayer word.

This is the whole prayer. We give ourselves to God as completely as we can for the time of our centering prayer. It is that simple and that total. Centering prayer is a relationship with God. It is a communion and union in love.

"We do not know how to pray, but the spirit prays within us." Romans 8:26

"Be still and know that I am God." Psalm 46:8

Questions for Reflection/Sharing

What attracts you to Centering Prayer?

What is challenging about Centering Prayer?

Do you hear God calling you to a deeper life with Him?

What might that look like in reality?



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THE METHOD OF CENTERING PRAYER

1. Establish the stillness in your body and make your intention to spend these few minutes with God.
2. Follow your breath for a short while in order to clear your mind.
3. When you are ready, introduce your sacred word or breath as the symbol of your intention to consent to/enjoy/rest in the presence and action of God within you.
4. When your mind makes thoughts gently let them go and use your sacred word or breath to help you return to God's presence within you.
5. At the end of your time, return slowly to ordinary awareness with the sound of a chime. Then, pray a familiar prayer very slowly.
6. God gives the gift of contemplation!

