

### Centering Prayer

- Select a meaningful sacred word to use in this prayer.
- Set aside 10 – 20 minutes of uninterrupted time of silence. You can use an alarm or have a clock you glance at from time to time. Do whatever works best for you.
- Begin by asking God to open you to God's presence in the silence.
- Sit in silence. When your mind begins to wander (this is normal) gently return to silence by returning to your sacred word. *Do not punish yourself for having a wandering mind. Simply repeat your sacred word and be in the silence.* There is no goal to this prayer other than being present to the Spirit of God.
- When your time is up, thank God for the Presence.

### Prayer of the Heart

Deep within each of us is a prayer longing to be expressed. The “prayer of the heart” is such a prayer. It consists of two simple phrases—one that is said on inhalation and one said on exhalation.

- Begin seated in a comfortable position. Take about five deep, slow breaths and allow the tension of the day to flow out with each exhalation. After five deliberate breaths, turn your attention away from counting and just allow your breath to find its natural pace.
- What is your deepest and truest desire in life right this moment? When you check in with your deepest and truest self, what it is that you want from God?
- When you identify your deepest desire, give it a short phrase. For example, if your deep desire is inner freedom, then your phrase would be “freedom” or “inner freedom.” Make sure your desire phrase is not too long.
- What is your favorite name for God? How do you image the Creator? Choose whatever name seems to fit best for you.
- Combine your name for God with your desire.
- Begin to say—either aloud or silently—your phrase. You may inhale on the name for God and exhale on the desire or vice versa. Spend several minutes breathing this prayer. Make it your own. Allow God to inhabit this prayer.
- Sink into contemplative silence. Allow the love of God to fill you and surround you.

### Meditative Walking

Mindful walking is a devotional practice in many religions. It is prayer in motion, walking calmly and confidently with an openness to God's revelation.

- Begin the walk with only one intention—to experience God in the walking. Express that intention to God and ask for God's grace along the walk.
- Ask God to use the walk to communicate something to you.
- Keep your senses open to any sight, sound, smell or taste that you may experience. Be open and accepting but do not be anxious for this experience. Let it unfold.
- Listen to your breath as you walk slowly. How many steps are you taking per breath? Just observe. Do not control.
- Listen to your heartbeat. Listen to the sound of your footsteps. Listen to the environment around you.
- When your walk is finished, say a prayer of gratitude for mobility, breath and life.