E

ENCOUNTER CHURCH

CENTERING PRAYER

Invite

Find a quiet place where you won't be disturbed.
Invite God to be with you.

Be Still

Let go of your thoughts and worries and begin to rest in the love of God who dwells within.

Choose

Choose a short word or phrase. This is a symbol of your intention to surrender to God's presence, eg. You are here, I am with you or I receive your love. Repeat the word as you breathe.

Rest

Let go of your word or phrase, just be in the stillness with God. When you become aware of your thoughts, simply return to the phrase and your intention to let go and rest in God's presence.

Give Thanks

At the end of your prayer time, thank God for being with you and working in you.

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