

Centring Prayer is a form of silent prayer which invites you to be still and open to the presence and transforming action of God. It is a practice of the heart rather than the mind.

Begin by finding a quiet place.

Sit comfortably.

Set your phone to flight mode and put the timer on for ten minutes.

Enter the silence by slowing your breathing.

Recite the following phrase from Scripture slowly, as a prayer, with pauses at the end of each line.

Be still and know that I AM God ...

Be still and know that I AM ...

Be still and know ...

Be still ...

Be ...

When thoughts, feelings, restlessness or sounds distract you, simply let them go. As you do, gently say the words *Be still*. Don't be irritated by distractions – each one is an opportunity to turn your attention back to God.

When the timer on your phone vibrates, come slowly out of the silence. Repeat the phrase *Be still and know that I AM God*.

Record your thoughts in your journal.