



Introduction to Centering Prayer

Letting Go to Let God - A Journey Into Sacred Stillness

Opening Scripture

“Be still and know that I am God.” (Psalm 46:10 NIV)

“But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.” (Matt 6:6 NIV)

How to Practice

Centering Prayer invites us to consent to God's presence and action within.

This method integrates sacred word, sacred breath, or sacred touch to cultivate stillness and surrender.

Before the Prayer:

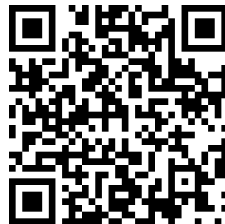
- Sit quietly for 1–2 minutes with a sacred word (e.g., “Jesus”), sacred breath, or sacred touch (e.g., gentle fingertip contact).
- Let this moment lead you into a posture of holy receptivity.

Entering the Prayer:

- Choose your sacred symbol (word, breath, or touch).
- When thoughts arise, return gently to your sacred symbol as a sign of consent.

After the Prayer:

- Remain in silence for 2–3 minutes.
- Allow your sacred symbol to accompany your return to daily life, carrying the grace of God's presence with you.



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