

# A Quiet Morning with Centering Prayer

## Streaming - April 4, 2020

### Agenda

*(Times are approximate)*

- 8:30 am • Gathering (Intro to those new to Centering Prayer)
- 8:55 am • Please type write your name & email in chat room  
if you'd liked to be on our mailing list and notified of future events.  
(click "chat" button at the bottom of the zoom screen)
- 9:00 am • Welcoming and Opening Prayer  
• Individual Introductions:  
If you choose, please share how long you've been practicing Centering Prayer and what you want to get out of today.... your intention.
- 9:30 am • Centering Prayer Sit  
• Lectio Divina – **Psalm 91**  
• Individual alone time:  
Perhaps spend some time in a slow meditative walk;  
sit outside; Be Still  
It's a Time to go deeper and reflect on what the scripture is speaking to you.  
(i.e. Think about "How is God asking me to change?"  
and what came up in your Lectio meditation)
- 10:20 am • Come back together....the gong will ring 3x  
Optional sharing with the group
- 10:35 am • Centering Prayer Sit  
Ending with listening to the *Lord's Prayer* being read.  
then the gong will ring 3x  
• Closing Prayer by Pastor Terry
- 11:00 am Close in Silence as you leave the Zoom meeting.

---

***Thank you for attending our Virtual Retreat.  
We are so glad you spent this time with us!  
Please leave your thoughts on your experience in the chat box.***

Agape Journeys <https://agapejourneys.com> terry@agapejourneys.com