

**St Timothy Lutheran Church
Centering Prayer Ministry
2013**

What is Centering Prayer?

If spoken prayer is one way of entering a conversation with God, establishing a connection, spoken or unspoken, to offer praise, intercessions and thanksgiving, then centering or contemplative prayer is another method we can employ, to listen to God's voice. Centering prayer is an ancient Christian practice that we embrace in the hectic, chaotic, noisy world that

would separate us from dwelling with God. We contemplate God's presence to discern God's will for us as Christians, and to reconnect with our Creator.



The key thing to remember is that in any type of prayer, we are seeking God's presence. In contemplative or centering prayer, **we demonstrate our intention to be still and know God our Creator and Redeemer.**

A sacred word may be used to assist you as you learn the practice of centering prayer. Each person's sacred word is unique to them: "spirit," "trust," "faith," and "love" are examples. Each time your mind wanders during the silence of prayer, you can wordlessly recall your sacred word to draw you back into focus. At first, it is typical to repeat your sacred word hundreds of times; as you settle into the practice, you may only need to recall your sacred word occasionally, as you rest in God's presence. Many people find the use of prayer beads or rosaries helpful, to keep their hands busy as they work to still their minds and center on God.

Centering Prayer at St. Timothy

We gather every Sunday at 6:30pm in the sanctuary in silence; we meditate on a scripture verse in the ancient practice of *lectio divina*, then we observe 20 minutes of silent prayer, followed by the Eucharist and an inspirational poem, before departing in silence. We dismiss at 7:00pm.

Any and all in our local community are welcome to participate in our centering prayer group, and we hope you will share an invitation to participate with your friends and loved ones.

For more information about St. Timothy Centering Prayer, please contact Vicar Monica Weber by email at: vicarmonica@sttimothyonline.org or contact the St Timothy office: 615-824-6244