

Prayer Suggestions

Breath Prayer

Find a place of solitude and silence. Focus on your breath. Breathing in, address God (Jesus, Lord, Shepherd); breathing out, bring your request (have mercy on me, here I am, guide me). Do this for a few minutes.

Centering Prayer

Chose a word or phrase and repeat it silently or aloud for a few minutes to draw into the presence of Christ. The word or phrase might be a designation for God (Jesus, Good Shepherd, Healer of our every ill) or a reflection of desire (love, grace, peace).

Contemplative Prayer

Settle into a time of quietness with God. Say silently "Here I am, Lord." Spend a few minutes listening to God's voice.

Prayer of Confession

Settle into God's presence. Take a few minutes to: confess any idols that block your surrender to God; pray to recognize and give up anything that takes priority over God's will; thank God for his grace and forgiveness.

Praying Scripture

Read a passage of Scripture slowly. Choose a word from the text as a centering word. Repeat it silently for a few minutes to draw into the presence of Christ.

Praying through Song

Listen to a song or piece of music with devotional reflection.

Suggested by Adele Ahlberg Calhoun (see resources on the back of this page)

Resources

Calhoun, Adele Ahlberg. *Spiritual Disciplines Handbook*. Downers Grove, IL: IVP Books, 2005.

Foster, Richard J. *Prayer: Finding the Heart's True Home*. New York: HarperCollins, 1992.

Lewis, C. S. *Letters to Malcolm: Chiefly on Prayer*. Orlando: Harcourt, Inc., 1991.

Willard, Dallas. *The Divine Conspiracy*. New York: HarperCollins, 1997.

Pray-As-You-Go.Org - daily guided prayers/reflections on Scripture (approx 15 minute) hosted by Jesuit Media Initiatives.

ContemplativeOutreach.org - Centering Prayer app guides in creating a structured prayer time