

Prayer Practices to Do at Home During this Challenging Time

Silence, Sound and Lectio Divina

Prayer is souls sincere desire,
Unuttered or expressed,
The motion of a hidden fire,
That trembles in the breast

Prayer is the burden of a sigh,
The falling of a tear,
The upward glancing of the eye,
When none but God is near.

-Excerpt of poem by James Montgomery

Centering Prayer and Silence

Centering Prayer: Opening Oneself to God
{Contemplative Outreach.org}



<https://www.contemplativeoutreach.org/centering-prayer-mobile-app>

https://www.contemplativeoutreach.org/sites/default/files/private/method_cp_eng-2016-06_0.pdf

Be still and know that I am God Psalm 46:10

Centering Prayer is a method designed to facilitate the development of contemplative prayer by preparing our faculties to receive this gift. It presents ancient Christian wisdom teachings in an updated form. Centering Prayer is not meant to replace other kinds of prayer; rather it casts a new light and depth of meaning on them. It is at the same time a relationship with God and a discipline to foster that relationship. This method of prayer is a movement beyond conversation with Christ to communion with him.

1. Chose a word from scripture (love, grace, peace, trust etc) or a short sentence of scripture. Keep this as your central focus as you open your heart to God.
2. Sit comfortably but with your back straight, eyes closed, and begin to meditate on this word or scripture in your mind
3. When your mind wanders do not actively fight it, simply gently redirect your thoughts back to your scripture or word. There is no condemnation here. We all have wandering thoughts, and we all need to redirect ourselves back to God.
4. Conclude by sitting in total silence for a period of time.

Scripture Suggestions:

My soul rests in God alone (Psalm 62:2)

Be still and no that I am God (Psalm 46:11)

For my thoughts are not your thoughts (Isaiah 55:8)

This **is love**: not that we **loved God**, but that he **loved** us (I John 4: 9)

Be completely humble and gentle; be patient, bearing with **one another** in **love**. (Ephesians 4: 2)

Sound

Music is one of the ways God ministers to our souls. Certain types of music are especially helpful to calm and center us on God. Taize has created many options people around the world have used. Classical music, Gregorian chant, contemporary praise can all be a way God speaks to us. Experiment with different forms of music, singing prayerfully or just sitting quietly in God's presence.

Music can be used on its own, and instrumental music can also be used in combination with any prayer practices.

Sing the chorus of "Holy Spirit Come to Us" Chant [Recording of "Holy Spirit Come to Us" Chant](#)

Listen to Latin [Adoramus te Domine - Taize Chant](#)

Alone with God <https://www.youtube.com/watch?v=fOB73qRVGIIs>

Relaxing Medieval Music <https://www.youtube.com/watch?v=5F5dgg1eeGE>

Contemporary Praise piano <https://www.youtube.com/watch?v=z3WV7cMWiwg>

Instrumental Hymns <https://www.youtube.com/watch?v=2bo8o-4RmRM>

Lectio Divina

Lectio Divina is Latin for "divine reading," or "spiritual reading," and represents a method of prayer and scriptural reading intended to promote communion with God and provide special spiritual insights.

1. *Lectio* - Reading the Bible passage gently and few times. The passage itself is not as important as the savoring of each portion of the reading, listening for the "still, small voice" of a word or phrase that somehow speaks to the practitioner.
2. *Meditatio* - Reflecting on the text of the passage and thinking about how it applies to one's own life. This is considered to be a very personal reading of the Scripture.
3. *Oratio* – Responding to the passage by opening the heart to God. This is not primarily an intellectual exercise, but a heartfelt one.
4. *Contemplatio* - Listening to God. This is a freeing of oneself from one's own thoughts, and hearing God talk to us. Opening the mind, heart, and soul to the influence of God.