

THE METHOD OF CENTERING PRAYER

The Prayer of Consent
By Thomas Keating

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

CONTEMPLATIVE PRAYER

We may think of prayer as thoughts or feelings expressed in words. But this is only one expression. In the Christian tradition contemplative Prayer is considered to be the pure gift of God. It is the opening of mind and heart – our whole being – to God, the Ultimate Mystery, beyond thoughts, words, and emotions. Through grace we open our awareness to God whom we know by faith is within us, closer than breathing, closer than thinking, closer than choosing – closer than con-sciousness itself.

CENTERING PRAYER

Centering Prayer is a method designed to facilitate the development of Contemplative Prayer by preparing our faculties to receive this gift. It is an attempt to present the teaching of earlier times in an updated form. Centering Prayer is not meant to replace other kinds of prayer; rather it cast 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.

THEOLOGICAL BACKGROUND

The source of Centering Prayer, as in all methods leading to Contemplative Prayer, is the indwelling Trinity: Father, Son, and Holy Spirit. The focus of Centering Prayer is the deepening of our relationship with the living Christ. It tends to build communities of faith and bond the members together tin mutual friendship and love.

CENTERING PRAYER AT
ST. PETER BY-THE-LAKE
BEGINS
FEBRUARY 9, 2012
9:00AM

THIS WILL CONTINUE EVERY THURSDAY BEFORE THE WEEKLY BIBLE STUDY.