

# **Hinsley Zoom Saturday, 24 October Prayer, 2020**

## **The Basic Principles Of Centering Prayer**

### **Prayer before Centering Prayer**

Father Son and Holy Spirit;  
Creator, Redeemer and Sanctifier,  
Alive at the centre of our being,  
We wish to surrender in love to you.  
May our sacred word which we shall pray,  
Whenever we become aware of anything else,  
Be a sign and symbol of our intention to consent  
To your divine presence and action within. Amen

### **Reading** - Ephesians 3: 14 - 21

This, then is what I pray, kneeling before the Father, from whom every family whether spiritual or natural, takes its name:  
Out of his infinite glory, may he give you the power through his Spirit for your hidden self to grow strong, so that Christ may live in your hearts through faith, and then, planted in love and build on love, you will with all the blessed have strength to grasp the breadth and the length, the height and the depth; until, knowing the love of Christ, which is beyond all knowledge, you are filled with the utter fullness of God. Glory be to him whose power, working in us, can do infinitely more than we can ask or imagine.

### **Prayer for unity**

"May God heal all divisions -- those within my own mind, heart, soul and body, and those between all people and groups -- that we may be one Body in Christ, unified in every way and on every level, and thus manifest the Living Christ by our very lives.  
Amen."

*United in Prayer 2020 Contemplative Outreach*

## DVD 4 - Basic Principles of Centering Prayer - Part 2

This week Thomas Keating reminds us that Centering Prayer is a very traditional practice which enables us to start and continue the spiritual journey with God instead of with ourselves, towards Transformation into Divine union.

He outlines three theological principles which serve as a foundation for Centering prayer.

The first theological principle is faith in the Divine Indwelling of the Most Holy Trinity and our need to cultivate this awareness within us.

The second theological principle is the Pascal mystery. As we sit in Centering Prayer all the needs of humanity join us. It's as if we implicitly and deliberately enter into Christ's Passion, Death and Resurrection.

The Spirit prays in us and we and all humanity are being healed from the inside out. We're entering into the mystery of God's suffering - for ourselves and for the whole of humanity. It's as if we are identifying with Christ on the cross.

As we pray we experience the healing and joy of Divine therapy intra-personally so we can be available/reach out to others in love in our interpersonal relationships.

The third theological principle that this prayer gradually releases is the building up of community. It's not a private prayer – rather we experience a bonding with others, with the wider community, with nature, the universe – in fact with all creation.

It alerts us to perceive God in everything that exists - from the infinitesimal to the infinite, from galaxies to the smallest biological unit.

Centering Prayer then is an entrance into an ever fuller life that embraces our bodies, minds and spirits, opening to the Divine Presence within us and God's unconditional love for us and all humanity.