

Hinsley Zoom Saturday, 3 October Prayer, 2020

Prayer before Centering Prayer

Father Son and Holy Spirit;
Creator, Redeemer and Sanctifier,
Alive at the centre 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

"There is a spirit which I feel that delights to do no evil, nor to revenge any wrong, but delights to endure all things, in hope to enjoy its own in the end. Its hope is to outlive all wrath and contention, and to weary out all exaltation and cruelty, or whatever is of a nature contrary to itself. "
James Naylor

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

What Centering Prayer is

1. It is at the same time a relationship with God and a discipline to foster that relationship.
2. It is an exercise of faith, hope and love.
3. It is a movement beyond conversation with Christ to communion.
4. It habituates us to the language of God which is silence.

What Centering Prayer is not

1. It is not a technique
2. It is not a relaxation exercise.
3. It is not a form of self-hypnosis.
4. It is not a para-psychological experience.
5. It is not limited to the “felt” presence of God.
6. It is not discursive meditation or affective prayer.
7. It is not a charismatic gift

A Preparation

Centering Prayer is not, strictly speaking, itself, Contemplative Prayer in the strict sense or in the traditional sense that St. John of the Cross wrote. Some people do think of Centering Prayer as a first step in Contemplative Prayer; and it's also possible to have a broader definition of Contemplative Prayer that would include a form of prayer that is a preparation or a sensitizing, so to speak, to the contemplative gifts of the Spirit which are knowledge, understanding and wisdom.

Suspend The Imagination

In addition to this sense of not being interested in the thoughts going by that the divine action can get stronger and stronger as time goes on and the grasping of the divine action can include not only the will, which enables us initially to be disinterested in the thoughts going by, but it also can suspend the imagination and the memory and even our reflective apparatus, temporarily. And in that situation one feels deeply present to God, deeply united and in fact forgets oneself, sometimes more or less completely; so that one isn't even aware of praying, but is simply wrapped-up in the experience of union. But these experiences are usually reserved for a certain amount of practice and the discipline of Centering Prayer over time.

A Relationship

Centering Prayer is a relationship and a method for cultivating the relationship, not unlike cultivating the relationship of some other human being whose chief characteristic or requirement is to hang out together. In other words, it's the time you put into this and the thoughtfulness in which you maintain the relationship.

Its Effects In Daily Life

It's futile to expect something specific to happen as a result of Centering Prayer, especially to have expectations during the periods of Centering Prayer. And that's why we say that you can only judge the value or the purpose or the progress of your Centering Prayer and its evolution into Contemplative Prayer by its effects in daily life; that is, if you are bringing forth the Fruits of the Spirit that Paul describes in Galatians (namely: charity, joy, peace, gentleness, self-control, meekness, long suffering, patience and the others).