

*“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.”*  
(CO opening prayer for Centering Prayer)

*Almighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid: cleanse the thoughts of our hearts, by the inspiration of your Holy Spirit, that we may perfectly love You and worthily magnify your holy name, through Christ our Lord. Amen.*  
(The Cloud of Unknowing)

*“...when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.”*  
(Matthew 6:6)

*“Dear Lord, I believe and trust in your incredible love for me that heals wounds of a lifetime – body, soul, spirit – and which calls us into a share of your divine life, even in this world. May this course we’re taking fulfil Your will for us at this time as we begin or renew our commitment to Centering Prayer as a new life in Christ. (May it) help us to face what needs to be healed and also create the longings in us for deeper and deeper communion and union with yourself dear Lord.”*  
(Fr Thomas Keating)

*“....Love one another as I have loved you.”*  
(John 15:12)