

West Virginia Institute for Spirituality



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

Centering Prayer is a receptive prayer of resting in God. It is a method of prayer, which prepares us to receive the gift of God's presence, traditionally called *contemplative prayer*. Though we think of prayer as thoughts or feeling expressed in words, this is only one expression. *Contemplative Prayer* is a prayer of silence, and experience of God's presence.

Centering Prayer is based on the wisdom saying of Jesus in the Sermon on the Mount: "...But when you pray, go to your inner room close the door and pray to your Father in secret. And your Father, who sees in secret, will reward you". Matthew 6:6

What to expect? The practice of *Centering Prayer* involves sitting comfortably in silence, and silently introducing into our awareness a sacred symbol of our consent to God's presence and action within.

WHEN: Thursday evenings, 7:00 – 8:00 PM (September through May)

WHERE: The West Virginia Institute for Spirituality
1601 Virginia Street, East
Charleston, West Virginia
Entrance on Elizabeth Street

Free Will Offering

