

Prayer Forms

CENTERING PRAYER

1. **Choose** a prayer word, one that has meaning but is not too emotionally rich.
2. **Sit** in a quiet place, practicing good posture, being aware of your breath moving in and out of your body, and allowing your muscles to relax.
3. **Move** deeper into God's presence at the center of your soul.
4. **Release** your thoughts and feelings by returning, again and again, to your prayer word.
5. **Move** out of the prayer when the time is right, and give thanks to God.

IGNATIAN PRAYER

1. **Choose** a Scripture passage.
2. **Sit** in a quiet place, practicing good posture, being aware of your breath moving in and out of your body, and allowing your muscles to relax.
3. **Pray** the passage, reading it aloud, slowly, softly, and carefully.
4. **Enter** the passage, intuitively identifying with a character or an event.
5. **Move** out of the passage when the time is right, and give thanks to God.
6. **Reflect** on the prayer by recording and continuing the event in a journal, or by analyzing it and determining its application to your life.

EXAMEN PRAYER

1. **Remember** that I am a child of God, and that God loves me and likes me.
[I see and receive the love and joy with which God gazes at me as I gaze at God.]
2. **Recall** the gifts of this day and give thanks to God.
[I scroll through the day or some other period of time for moments of gratitude.]
3. **Request** the Holy Spirit, the Spirit of Truth, to guide and support me in making an honest and faithful examination of this day.
[I can only make this examination with God's help. It's more than self-analysis.]
4. **Reflect** on my intentions, thoughts, feelings, words, and actions, and **let God reveal** to me what God wants me to learn and do.
[As the memories of the day float to the surface of my consciousness, I notice what my heart settles on and I sit with it in the presence of God.]
5. **Resolve** to do what I can in the immediate future to strengthen what is faithful and to change what is not, and to let God lead me.

[I am not alone in this commitment to grow. It's God-help, not self-help.]