

Liturgy We Live *by Dr. Gil Haas*

Centering Prayer is a method of silent prayer that prepares us to receive God's presence within us - closer than breathing, thinking, and even consciousness itself. Some theologians find Centering Prayer controversial and nearly the opposite in method to Lectio Divina. Centering Prayer can be traced to books by three Trappist monks in the 1970's. To summarize, Centering Prayer is prayer that is "centered entirely on the presence of God." Unlike many meditative techniques, Centering Prayer does not empty the mind or attempt to reach an altered state of consciousness. In this sense, Centering Prayer is not a mantra producing a desired cause-and-effect. Centering Prayer is merely consenting one's will to God's presence by reaffirming our intention to be in God's presence and to surrender to His divine action. Throughout a Centering Prayer, our intention predominates to move our will to consent to God's intention in a quite personal way. Thus, Centering Prayer, is a personal relationship with God, not a technique. Centering Prayer is not meant to replace other kinds of prayer. Rather, it adds depth of meaning to all prayer. Centering Prayer is a movement beyond conversation with Christ to communion with Him.

If you have a liturgical question or an inquiry about anything that transpires during or around our worship service, please forward the question you would like researched to: gghaas@aol.com, or drop the question in the offering basin. Please note whether we can credit you as the source of the question.