

# Centering Prayer

## *Be still and know that I am God -Psalm 46:10*

Centering Prayer is meant to enrich and complement other forms of prayer, not to exclude or replace them. Centering Prayer is a form of Christian contemplative prayer, described by Thomas Merton as “finding one’s deepest center, awakening us in the presence of God.” This contemplative practice dates to the early church (4<sup>th</sup>-century) and includes extended periods of silence, experienced in community.

JPC’s community Centering Prayer group will gather weekly year-round, following a simple format that includes scripture readings, excerpts from the writings of various authors, a twenty-minute silent sit, and spoken prayer. All are welcome – including newcomers. Come and see!

Our Centering Prayer facilitators will rotate among Lee Clements, Becky Keeler, Mark McCalman, and Justin Reilly. If you would like to learn more about Centering Prayer, contact the church office or one of the facilitators in-person.

### Centering Prayer Schedule at Jonesborough Presbyterian Church:

When? Sunday 5:30 p.m. Approximately 45 mins.

Where? Fellowship Hall @ 128 W. Main St (In-person)

### Resource Links for Centering Prayer & Contemplative Practice:

#### [Center for Action and Contemplation](#)

[Coaching Session by Jim Finley](#) [A Coaching Session on Centering Prayer – Center for Action and Contemplation \(cac.org\)](#)

[Centering Prayer by Cynthia Bourgeault](#) [The Method – Center for Action and Contemplation \(cac.org\)](#)

#### [Contemplative Outreach, International](#)

at: <https://www.contemplativeoutreach.org/centering-prayer-method/#>

*“The great thing is prayer. Prayer itself.  
If you want a life of prayer, the way to get it is by praying . . .  
Everything has been given to us in Christ.  
All we need is to experience what we already possess.”*

-Thomas Merton