



SPIRITUAL PRACTICE: CONTEMPLATIVE PRAYER

Contemplative prayer is a way to bring quiet to the chitter chatter, without and within, in order to sit in God's loving presence. The fruits of this kind of prayer are potential freedom from things we often don't even know are controlling us: our need for security, for power, and for affirmation.

Below is a link with some helpful information about centering prayer.

[CENTERING PRAYER](#)