

Spiritual Practice: The Be Still Prayer

To pray this prayer, take a deep breath and center yourself in God's loving, gracious presence. Then say "Be still and know that I am God." Pause for a moment to rest in the reality of God's company and companionship. Then repeat the verse several times, leaving off a word or a couple of words each time. The entire prayer goes as follows:

Be still and know that I am God

Be still and know that I am

Be still and know

Be still

Be

Move into a period of silent reflection, with your palms facing upward in a posture of receptivity.