



ECMN+ Advent Spiritual Practices 2023

Advent-Themed Centering Prayer

Find a quiet place in your home. Stop, sit down, take some deep breaths, release the tension in your neck and back, and become aware of God's presence and loving gaze. Choose an Advent-related sacred word or words as a symbol of your intent to remain in God's presence. Possibilities include "voice in the wilderness," "hope," "Emmanuel," "awake," or "peace." As different thoughts come to mind, use your sacred word to call you back to a place of stillness and faithful presence. Consider setting a timer so you don't worry about how many minutes have passed.

What was your experience of Centering Prayer like? Try to do this every day for at least 5 minutes, working up to 20 or 30 minutes.