

West Virginia Institute For Spirituality



Contemplative Prayer

“Be still and know that I am God.” Psalm 46: 10

Centering Prayer is a receptive prayer of resting in God. It is a method of prayer, which prepares us to receive the gift of God’s presence, traditionally called *contemplative prayer*. Though we think of prayer as thoughts or feeling expressed in words, this is only one expression. Contemplative Prayer is a prayer of silence, an experience of God’s presence.

Centering Prayer is based on the wisdom saying of Jesus in the Sermon on the Mount: “...But when you pray, go to your inner room close the door and pray to your Father in secret. And your Father, who sees in secret, will reward you”. Matthew 6: 6

What to expect? The practice of Centering Prayer involves sitting comfortably in silence, with eyes closed, and silently introducing into our awareness a sacred symbol of our consent to God’s presence and action within.

WHEN: Tuesday evenings, 7:00 to 8:00 p.m. from September—May

WHERE: The West Virginia Institute for Spirituality
1601 Virginia Street East, Charleston
Entrance on Elizabeth Street

Free Will Offering

