

## SOME TIPS FOR PREPARING TO ENTER INTO PRAYER

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### 1. Find a comfortable position:

Some pointers:

- keep your back and neck vertical
- sit against a wall, in a chair, even cross-legged
- find a quiet, perhaps dimly lit spot where you're free from interruptions and free to be yourself before God
- relax

### 2. An act of humility

Acknowledge God as Creator, Provider and Giver of the gift of prayer. Ask God to help you meet him in prayer.

### 3. Quieting down

- Feel the tension in your shoulders, and let them relax. Relax, and be at peace.
- Do the same with your thighs and lower legs. Turn your attention away from your thoughts to your body:
  - Feel your back pressing on your chair, or on the wall.
  - Feel yourself making contact with the place you're sitting.
  - Feel your neck and shoulders relaxing . . .
  - . . . your hands and arms across your lap
  - . . . your shirt on your back and shoulders
  - . . . your pants/skirt on your legs.
  - Feel your breath coming in . . . and leaving your body . . .

**This is me, and I bring myself to prayer . . .**

If thoughts distract you, gently return to your body and breathing, rest there while the mental chatter subsides. As the mind quiets down, so do our physical sensations. In the darkness of a quiet mind and body, we can meet God in the light of contemplative prayer.

\* Sometimes repeating a word or phrase from scripture as we inhale and exhale can help focus a busy mind.

Some suggestions:

- *Abba . . . Father*
- *Jesus . . . Lord*
- *Peace be with you . . . (The risen Jesus' words to his frightened apostles)*
- *Holy Spirit*

Eventually, there will come a point when the word or phrase you have been repeating has brought you to where it is supposed to. In the quiet of contemplative prayer, words are no longer needed . . .