

# Be Still

## Centering Prayer

### *Instructions:*

- 1) Find a quiet place, gently close your eyes and take a few deep breaths. Prepare to pray the Psalm in 5 consecutively diminishing sentences.
- 2) Either aloud or quietly to yourself, say the words, “Be still and know that I am God.”
- 3) After a couple deep breaths, pray, “Be still and know that I am.”
- 4) After a couple deep breaths, pray “Be still and know.”
- 5) After a couple deep breaths, pray, “Be still.”
- 6) After a couple deep breaths, pray, “Be.”
- 7) When ready, pray, “Amen.”

This prayer can also be prayed with a group. The facilitator leads with each phrase and the group repeats aloud after each consecutively diminishing phrases. The pause between each phrase can be lengthened depending on your need or the need of the group.

Be still and know that I am God.

Be still and know that I am.

Be still and know.

Be still.

Be.