

February 12

# NEXT STEPS



## *The Practice of Centering Prayer*

Psalm 62

### Questions to *Dig Deeper*:

1. What practice have you enjoyed the most in this series?
2. What is one practice you want to integrate into your life?
3. What gives you rest? Think beyond sleep, what helps to recharge your batteries, and makes you feel alive? How often do you recharge?
4. When life is stressful do you find yourself praying? If so, what does that prayer sound like? Or if not, what can bring you back to prayer?
5. Which verse, name of God, or prayer do you find helpful when you pray?
6. How long are you comfortable participating in some of these prayers of quiet and solitude? One minute, ten, thirty? Length is not the goal, but centering. What do you think (or know) is your sweet spot for time in solitude to help you recenter?