



- ① **CENTERING YOUR BREATH**
 - Find a comfortable position and close your eyes
 - Bring your attention to your breath
 - Gently begin to lengthen your exhales, moving towards a pattern of breathing out twice as long as you breathe in
 - Welcome the sense of rest and release that each exhale brings
 - Continue to breathe in this way until you feel present to yourself and to God

- ② **EMBRACING COMPASSION**
 - Gently notice what is alive in you right now, pleasant and unpleasant
 - Notice where these feelings and sensations live in your body
 - Now invite all of these things into your heart
 - Place the palms of your hands on your heart
 - Take a few moments in silence embracing compassion for all that is within you — and all that you are carrying in your heart

- ③ **OFFERING INTERCESSION**
 - Bring to your mind any people or situations that needs special prayer
 - Hold them here in the presence of God
 - Begin to talk with God about everything that you are holding right now
 - Speak as if you are speaking with your best friend
 - Talk with God until you feel like there is nothing else that needs to be said, knowing that this kind of conversation can heal all that is broken

- ④ **ENTERING RECEPTIVE SILENCE**
 - Imagine Christ standing in front of you. Gazing at Christ's face, breathing in God's holy presence, silently say "Jesus"
 - Breathing out, gently bowing your head, silently say "I trust you"
 - Repeat it slowly, connecting it to your breath
 - When you are ready, let go of your prayer phrase and simply rest in silence
 - Imagine that just as you held all of those bits and pieces of your life with gentleness and care, Christ is now coming to hold you with even greater love and care

