

Pacific InterChristian Community

Praying a Repetition

Prepare

- o Go to your place
- o Get comfortable
- o Relax/focus (what feelings or preoccupations do you bring today?)
- o Declare your state
- o Acknowledge yourself to be in God's presence
- o Centre in silence...(a 20 minute "sit" is ideal)

Instead of reading a new text, return to the review of the previous prayer period(s):

- o Discern/identify "hot spots" (indicators: "feeling" words, questions posed, something obviously unfinished, something to which you're drawn)
- o Prepare for prayer in the usual way (5 minutes or so)
- o Sit with the "hot spots" (read several times) (20-25 minutes)
- o Break (5 minutes approximately)
- o Write a review...as before i.e. describe what this experience of prayer has been for you or prepare for prayer before discerning "hot spots."