

Inner Sanctuary Centering Exercise.

Getting Ready.

- While sitting quietly, get comfortable - your body should be supported and relaxed.
- Find a comfortable position for your arms and let them relax.
- Scan from head to toe, relaxing each part of your body in sequence.
- As you finish, come into God's presence, releasing any thoughts that are going through your mind - Relinquish all your preconceptions and anxieties and any need for protection or promotion.
- Using mental imagery, imagine placing any cares and concerns aside for a time.

Controlled breathing.

- Take slow, controlled breaths in... then out. Focus on your breathing, the Spirit in → anxieties out.
- Once you have a gentle rhythm and are comfortable proceed as directed below.

Creating a Safe Place / Inner Sanctuary

- After a few moments, *invite the Holy Spirit* to be present and cleanse your imagination.
- Spend time giving thanks to God for what He has done (i.e., you can recall scripture verses).
- Ask the Holy Spirit to **recall** a safe and pleasant **memory** where you can meet the Lord.
- It may be an imaginary place or somewhere you have been before that is special, like a beach, a location along a quiet stream, a childhood memory, or somewhere that you sensed God.
- Begin to quietly **speak words of thanks** for the **memory** - praise to the Lord.

Resting in God's Presence.

- Enjoy all the surroundings, including sounds, sights, feelings. If you experience some dissonance or distraction, ask the Holy Spirit to take it away in the name of Jesus.
- When ready, **invite the Lord to join you** in that place. If that frightens you, ask him to come as a Lamb, or to allow you to feel his presence (Optional).
- Once there, **notice the warmth of His love**. Let it soak into your being. If you are allowing Christ to be there, notice his appearance and draw close (Optional).
- When ready, **tell God how you feel about Him**. Then ask how he feels about you. He may respond with words or actions. Either way, experience his acceptance and delight.

Practicing Thankfulness

- Spend a few moments giving thanks and praise for the memories and related thoughts.
- Take a few deep breaths, letting them out slowly, then say **Amen** (Optional conclusion).
- Afterward, you may want to journal what the Lord has spoken or revealed to you.

Entering In (Optional):

- Once you have reached this point, you may also meditate on a passage of scripture, a Psalm, Gospel passage, devotional reading, or audio Bible reading, then close in prayer.

Reflecting:

- What did God speak into your life during this time?
- How is God, through the Holy Spirit, directing you to respond?
- Journal or note and promptings, images, thoughts, or impressions for future discernment.