# Timed STILLNESS

Download a meditation App.

* Find a quiet place to be still and to pray. Sit comfortably. Turn off any notifications on your device.
* Choose a gong or bell from the app and set the timer for how minutes you wish to sit in stillness for.
* Place these questions next to your IPod/ IPhone/ I Pad .

1. Sit back in your chair. It is best to have your feet flat on the ground and your back straight. Hands resting gently on your lap or knees.
2. Take a few slow deep breaths and allow your body to come to rest.
3. If it helps tighten the muscles around any areas of tension

and slowly release them until you feel comfortable.

1. Ask God to be with you in prayer.

Eg *I thank you God for always being with me, but especially*

*I am grateful that you are with me right now.*

*OR*

*Place yourself in the presence of God; become aware*

*of God’s presence…be at peace…*

*OR*

*Simply ask God for what you would like from your prayer time.*

*eg to pray for calm, patience, help with a decision, courage for*

*yourself or for a friend…*

1. Move into a time of just being still.
2. If distractions come into your mind, just acknowledge them and

let them wash away and re-focus on your breathing.

1. Stay in your time of prayer until you hear the gong signalling the end

of your time. To finish, you may wish to say a formal

prayer like The Glory Be or The Our Father, or perhaps simply thank

God for this time of prayer and rest.

1. At the completion of this prayer, please spend a couple of minutes

reflecting and journaling on what this prayer time was like for you…

…what was easy or hard…the pros and cons…

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