

Day Six: Silentium Divina (Divine Silence)

We have spent a week journeying through the valley of grief. Today we allow our mind, body, and spirit to rest in God's hands. The practice of Silentium Divina, Divine Silence, is simply the practice of centering prayer. It encourages us to stop, be still, and sit in God's loving presence.

Entering into Silentium Divina

Make sure you are sitting comfortably.

Breathe slowly and deeply.

Gently close your eyes if you feel comfortable doing so.

Allow all thoughts and concerns to fade away as you open your heart to God.

If you become aware of a thought, no matter what it is, let it go.

It can be helpful to use a "sacred word," a short word or phrase that helps you let go. This is not a mantra, repeated over and over, instead it helps remind you of your intention to remain open to silence. Some "sacred word" options could be, "God," "Jesus," "Mother," "Father," "love," "peace," "be still." Feel free to find your own "sacred word."

Stay in silence with God for as long as you like. If this is your first time in centering prayer, begin small, 5 minutes, and work your way up.

As the end of your time, open your eyes, draw a deep breath, and pray for the grace of the Spirit to carry this time of silence and God's presence in your heart today.