

The Prayer of One's Heart

Begin by sitting in a comfortable position with your feet firmly on the ground and your body both relaxed and supported.

Take some deep breaths and allow any tension to flow out as you exhale.

After a while stop concentrating on your breathing and allow it to follow its natural pace.

Consider what your deepest and truest longing for God is at this time.

When you listen to what's in your heart, what is it that you seek from God right now? Do not judge your thoughts, just allow them to surface.

Give that longing - or longings - a short phrase or a word to describe it.

Search in your mind for a name or a description for God.

Put that name, and your longing together.

For example, if your phrase is 'Freedom', and the name you choose, is 'Christ', the prayer of your heart might be 'Freedom, in Christ.'

Begin to speak that name to yourself, either out loud or silently in your mind. Spend several minutes breathing this prayer. Make it your own. Allow God to inhabit this prayer.

After several minutes of repeating the prayer, allow yourself to be in silence with God. Allow his love to fill you and surround you.

Write the phrase down somewhere where it will remind you of God with you in the depth of who you are, and in the situation you are in.