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**Centering and Contemplative Prayer Scripture References**

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| **Who?** |  |  |
| 1. | “whoever enters into God’s rest…strive to enter into that rest” | Heb 5:10-11 |
| 2. | “all of us gazing [contemplating] with unveiled face on the glory of the Lord” | 2 Cor 4:18 |
| 3. | “Blessed are the poor in spirit” | Mat 5:3 |
| 4. | “God sent the spirit of His Son into our hearts, crying out ‘Abba’, Father” | Gal 4:6 |
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| **What?** |  |  |
| 5. | “what God has prepared for those who love him, this God has revealed to us through the Spirit” | 1 Cor 2:9-10 |
| 6. | “the knowledge of the mystery of God, Christ, in whom are hidden all …wisdom and knowledge | Col 2:2-3 |
| 7. | “the Spirit of truth, he will guide you to all truth” | John 16:13 |
| 8. | “what are the riches of glory in his inheritance” | Eph 1:18 |
| 9. | “light . . . shown in our hearts to bring to light the knowledge of the glory of God” | 2 Cor 4:6 |
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| **Why?** |  |  |
| 10. | “O God…for you my body yearns; for you my soul thirsts” | Ps 63:2 |
| 11. | “our soul waits for the Lord” | Ps 33:20 |
| 12. | “better a handful of quietness” | Ecc 4:6 |
| 13. | “It is good to hope in silence for the saving help of the Lord.” | Lam 325-26 |
| 14. | “Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self control” | Gal 6:22-23 |
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| **When?** |  |  |
| 15. | “My soul rests in God alone” | Ps 62:2 |
| 16. | “be still before the Lord; wait for God.” | Ps 37:7 |
| 17. | “when peaceful silence compassed everything” | Wis 18:14 |
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| **Where?** |  |  |
| 18. | “the Spirit of God dwells in you” | 1 Cor 3:16 |
| 19. | “come away by yourselves to a deserted place and rest a while“ | Mk 6:31 |
| 20. | “the Lord is in his holy temple; silence before him” | Hab 2:20 |
| 21. | “the Lord was not in the fire. After the fire there was a tiny whispering sound” | 1 Kg 19:12 |
| 22. | “to be strengthened with power through his Spirit in the inner self” | Eph 3:16-17 |
| 23. | “I will lead her into the desert and speak to her heart” | Hos 2:16 |
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| **How?** |  |  |
| 24. | “We do not know how to pray … but the Spirit itself intercedes.” | Rom 8:26 |
| 25. | “I have stilled my soul” | Ps 131:2 |
| 26. | “be still and know that I am God.” | Ps 46:11 |
| 27. | “by waiting and calm you shall be saved; in quiet and trust your strength lies” | Is 30:15 |
| 28. | “think of what is above, not what is on earth” | Col 3:2 |
| 29. | “for my thoughts are not your thoughts” | Is 55:8 |
| 30. | “go to your inner room, close the door, and pray to your Father in secret” | Mat 6:6 |
| 31. | “do not babble like the pagans who think they will be heard because of their many words” |  |

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