

THE FEATHER PRAYER



MINDFULNESS

The process of purposely bringing your attention to experiences occurring in the present moment without judgment.

Many of us live in such a busy, fast-paced world, that when we want to stop and slow down to pray it is often very difficult to focus our minds on God.

When you sit down to pray, bring yourself as you are to God and just be aware of sitting with Him "now".

You don't have to sort anything out but just *"Be still and know that I am God."*

Ps 46:10

**"I AM A
FEATHER ON
THE BREATH
OF GOD"**

**ST HILDEGARD
OF BINGEN**

- 1. QUIET** – Try to ensure the physical space that you're in is as quiet as possible (turn off your phone and other devices, close the door of your room, choose a quiet time of the day etc).
- 2. CLOSE YOUR EYES** – In your mind's eye, picture a dim room with one ray of light piercing the centre from the roof. Now imagine a feather softly and slowly drifting down through that space, wafting in and out of the light. Focus on its movement, its shape and colour and its weightlessness.

- 3. FOCUS** – As you watch it, allow any thoughts that come into your mind to just come and go. Don't engage with them, but just keep your attention on the drifting feather.
- 4. STILLNESS** – When you begin to feel still and at peace, this is a good time to pick up some Scripture and listen to what God might want to say.

THE
**FEATHER
PRAYER**
IS AN
EXERCISE
IN

**SLOWING
DOWN**

THE
THEY
WHO
WILL
RENEW
THEIR
IN
PEOPLE
THEIR
STRENGTH.
LORD

**THEY WILL
SOAR ON
WINGS
LIKE EAGLES;**

**THEY WILL
RUN & NOT
GROW WEARY,**

**THEY WILL
WALK & NOT
BE FAINT.**

**ISAIAH
40:31**