



Cor Unum
One Heart. One Spirit. One World.
DOMINICAN SISTERS OF SPRINGFIELD, ILLINOIS



Sister Lori's Prayer Pointers

Seven Simple Practices You Can Use Now

Think you don't have time to pray? Think again! *Cor Unum* team member Sister Lori Kirchman shares seven prayer practices you can use in the time you have.

Have a minute? Unplug and breath.

Five minutes? Read and reflect.

Dashing from the car to classroom? Make it a walking meditation.

Don't tell Sister Lori you don't have time to pray!

She's used these methods successfully throughout 33 years of Dominican life as a teacher, vocation minister, and parish liturgist.

"God blesses every good intention, even our smallest, most tentative steps toward a deeper relationship," she says. "I encourage everyone ready for an adventure in the Spirit of God to see if some of these practices help them draw closer to what is holy in themselves and in our world."

- 1. Unplug & breath.**

Turn all your devices off and go to a room by yourself. Sit quietly with your hands on your lap. Close your eyes. Breathe in slowly, then out slowly. Be conscious of your breathing. Try to slow it down.

- 2. Be centered.**

Use a word or a phrase, like: "Be still and know that I Am God." Or "My Lord and My God." Or "Tender Jesus," to call yourself back to your spiritual center. When your mind wanders, call yourself back to that phrase.

- 3. Read and reflect.**

Read a short passage from the Bible. Some suggestions might be Jeremiah 1:5 "Before I formed you in the womb I knew you," or Jeremiah 29:11 "For I know well the plans I have in mind for you, says the Lord, plans for your welfare, not for woe! Plans to give you a future full of hope!" Or Luke 6: "Give and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you." Read the passage several times slowly. Which word or phrase has special meaning for you?

What is God saying to you?

4. **Journal.**

Sit quietly by yourself and clear your mind using one of the techniques above. Write in a journal (or in your electronic notepad if you must!) whatever comes to your mind. Stuck? Ask God to help you know what to write.

5. **Walk.**

Take a quiet walk in a natural setting. Notice all the goodness God has put into the world. Reflect on something good God has done for you and speak words of gratitude to God.

6. **Listen.**

Listen to some reflective music and let it quiet your spirit. Ask God to speak to your heart through the music, then listen.

7. **Sit still.**

Trust that God is with you. Know that God is within you. You don't have to go looking for God. Let God pour unconditional love over you like a waterfall.

Try one or two of these practices for a week or two. See if they make a difference in your awareness of God's presence throughout your day. Watch for other benefits, too! Are you kinder? More patient? More attentive? It could happen!

About Cor Unum

Cor Unum is a source of mutual support for young women who want to discover their spiritual depth, create change for a better world, and realize the joy of service.

It is an exciting new initiative of the Dominican Sisters of Springfield, Illinois.

Learn more:
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