

Centering Exercises in Support of Spiritual Formation for Teams

As with all of the resources on this site, feel free to adapt these exercises as you see fit to match the needs of your team.

Example 1

I invite you to get in a comfortable position in your chair

Take a deep breath and slowly let it out

(Pause)

Take another deep breath, hold it for a few seconds, then slowly breathe out

(Pause)

Take your third deep breath and welcome God's presence, then breathe out, letting go of the fast pace of your day

Example 2

I invite you to get comfortable in your chair, feet planted on the floor

Take a deep breath and slowly let it out

(Pause)

Take another deep breath, then slowly breathe out

(Pause)

Closing your eyes now (if you haven't already), recall a place and time where you felt deeply peaceful

Allow the memory of that experience to surround you and invite you to God's presence.

Example 3

Let's begin by taking a deep breath and slowly breathing out

(Pause)

Remembering "...that your body is a sacred place, the place of the Holy Spirit" (1 Cor 6:19), rest in this astonishing reality of God's loving presence in you. There is nothing you have done or can do to bring God's presence - God chooses to be at home in you.

Savor God's presence in a few moments of silence.

Example 4

I invite you to make yourself comfortable in your chair

Relax the muscles in your shoulders, your hands, your legs, your neck.

Take a few deep breaths, slowly breathing in and then releasing

As you breath in, imagine (think of) inhaling God's love for you

As you breath out, imagine (think of) exhaling any self-critical thoughts

(Pause)

Now lean back into God's love and hear God's affirmation for you, just as for Jesus: "You are my beloved child; I couldn't be more pleased with you." (Luke 3:22)

Silently repeat this several times as God's Word for you - "[Your name], you are my beloved child; I couldn't be more pleased with you."

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Example 5

Let's begin by taking a deep breath and slowly breathing out

(Pause)

(Play a piece of contemplative music. Some possibilities:

- A Tim Janis piece
- A Stephen Iverson piece
- A piece from Hymns: Instrumental Piano Worship Music
- A piece from a Taize album
- A piece from Gregorian Melodies