



We are seeking God's guidance on the transition of our leadership. We welcome you to join us.

We invite you to join with our TJC community in praying daily for God's leading. This is a 5 minute prayer and stillness exercise to prepare yourself to be open to God, and listen to what He wants to say. Through this exercise, our hope is that you experience God's leading personally, in your own life and family; as well as with our church family in this season of discernment.

You may want to write down the word or phrase that stands out to you each day in the box provided. Don't worry if it's the same one for each day.

Prayer and stillness exercise:

1. Read weekly verse slowly. Notice any words or phrases that stand out to you or any sensations you are experiencing. Be still before God for 1 minute using that word or phrase to refocus on being present with God.
2. Re-read the verse slowly, again noticing anything that stands out to you. Be still for 1 minute with that word or phrase.
3. Read the verse one more time asking God what He would like to reveal to you today. Be still for 1 minute listening to God and being present with Him. Don't worry if you don't hear anything.
4. Thank God for his presence and leading in your life and the life of our church family.

Consider downloading the **Centering Prayer App**.
contemplativeoutreach.org/centering-prayer-mobile-app/
