

## PRAYER OF REPETITION AND REDUCTION

- Example 1: Psalm 46:10  
*Be still, and know that I am God!*  
*Be still, and know that I am.*  
*Be still, and know.*  
*Be still.*  
*Be.*
- Example 2: Deuteronomy 6:5  
*Love the Lord your God with all your heart, and with all your soul, and with all your might.*  
*Love the Lord your God with all your heart, and with all your soul.*  
*Love the Lord your God with all your heart.*  
*Love the Lord your God.*  
*Love the Lord.*  
*Love.*
- Optionally, the repetition can be reversed, rebuilding the phrase to its original form. For example:  
*Be still, and know that I am God!*  
*Be still, and know that I am.*  
*Be still, and know.*  
*Be still.*  
*Be.*  
*Be still.*  
*Be still, and know.*  
*Be still, and know that I am.*  
*Be still, and know that I am God!*
- Find a quiet, comfortable place for reflection and center yourself for prayer.
- Invite God to be present and to grant you new insight.
- Read the complete phrase.
- Rest in the words for at least two to three breaths before reading the next, shorter phrase.
- Repeat reading and resting until you complete your verse or phrase.
- Rebuild the phrase in the opposite order (if you choose to do so).
- Spend some time in reflection. You may wish to record your reflections in a journal.
- As part of your regular Bible reading, you may want to be on the lookout for additional texts that lend themselves to this type of prayer.