

# A Guide for Preparing to Worship

Open the morning's order of worship and skim through it

- Note any mention of the calendar year and any special worship elements for this service
- Acknowledge the care that went into planning this service
- Read any printed opening sentence or prayers, reflecting on the themes or words that stand out

Find the scripture passage(s) that will be read aloud in the service

- Read them twice through
- What themes or words stand out?
- Based on the passage, and using current events and congregational concerns as the context, quietly voice the pastoral prayer you might offer during the service?

With eyes closed and sitting comfortably, affirm your intention to be fully present to God.

- Choose a sacred word or phrase from the order of worship that represents your intention to consent to God's presence this morning
- Silently introduce your sacred word or phrase as the symbol of your intention
  - (when you become aware of thoughts, which is a normal part of centering prayer, simply return to your sacred word or phrase)
- After a few minutes, gently return to your surroundings and wait for the online worship service to begin