# CENTERING PRAYER

### A Contemplative Path to Virtuous Living

P. Gregg Blanton







Founded in 1970, Orbis Books endeavors to publish works that enlighten the mind, nourish the spirit, and challenge the conscience. The publishing arm of the Maryknoll Fathers and Brothers, Orbis seeks to explore the global dimensions of the Christian faith and mission, to invite dialogue with diverse cultures and religious traditions, and to serve the cause of reconciliation and peace. The books published reflect the views of their authors and do not represent the official position of the Maryknoll Society. To learn more about Orbis Books, please visit our website at www.orbisbooks.com.

Copyright © 2021 by P. Gregg Blanton

Published by Orbis Books, Box 302, Maryknoll, NY 10545-0302.

All rights reserved.

The Scripture quotations contained herein are from the New Revised Standard Version: Catholic Edition, Copyright © 1989 and 1993, by the Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any information storage or retrieval system, without prior permission in writing from the publisher.

Queries regarding rights and permissions should be addressed to: Orbis Books, P.O. Box 302, Maryknoll, NY 10545-0302.

Manufactured in the United States of America

Library of Congress Cataloging-in-Publication Data

Names: Blanton, P. Gregg, author.

Title: Centering prayer : a contemplative path to virtuous living / P. Gregg Blanton.

Description: Maryknoll, New York : Orbis Books, [2021] | Summary: "Examines how the practice of Centering Prayer can shape our character and affect our daily interactions with others"—Provided by publisher.

Identifiers: LCCN 2021005393 (print) | LCCN 2021005394 (ebook) | ISBN 9781626984288 (trade paperback) | ISBN 9781608338917 (epub)

Subjects: LCSH: Contemplation. | Prayer---Christianity. | Virtues. | Spiritual life--Catholic Church.

Classification: LCC BV5091.C7 B55 2021 (print) | LCC BV5091.C7 (ebook) | DDC 248.3/2-dc23

LC record available at https://lccn.loc.gov/2021005393

LC ebook record available at https://lccn.loc.gov/2021005394

## **CONTENTS**

Foreword by David Richo ix Acknowledgments xiii Introduction xv

> I Emotional Virtues

1. Compassion 3

2. Courage 13

3. Virtuous Anger 23

4. Hope 33

5. Gratitude 43

Π

INTELLECTUAL VIRTUES

6. Humility 57

7. Trust 67

8. Attentiveness 77

vii

#### CONTENTS

9. Open-Mindedness 88

10. Prudence 98

### III

BEHAVIORAL VIRTUES

11. Diligence 111

12. Patience 121

13. Truthfulness 131

14. Justice 142

15. Kindness and Gentleness 152

Epilogue 161

Notes 163

Bibliography 179