

## Center Down

### Description

[RG AUDIO 020812](#) Psalm 94:12-23

Once, during a time of great anxiety, a Christian sister gave me some advice, she said, "Rest in the Lord." It proved to be very helpful advice.

The Quakers quiet their hearts and spirits before God when they gather for worship through a meditative state they call "centering down." When they rest in the Lord and "wait" on him, they believe that he will bring them understanding, direction, and peace.

Some people have said that to "wait on God" is a more active process, much like when a servant "waits" on tables for others. It is true that it is hard to concentrate on our problems when we are in the midst of serving others. In addition to serving God, Brother Lawrence, the author of the book, "The Practice of the Presence of God," advises that we stay in touch with him. He said, "There is not in the world a kind of life more sweet and delightful, than that of a continual conversation with God. Those only can comprehend it who practice and experience it."

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