

HOW TO MEDITATE

The Simple Teaching of Christian Meditation

Choose a quiet place where you are not likely to be interrupted. Sit comfortably, but still and upright, in a chair with your feet placed separately on the floor in front of you, your hands joined on your lap or placed separately on your thighs, whatever is comfortable.

Close your eyes. Then take a deep breath, and slowly exhale. Repeat this deep breathing several times. Gradually relax your whole body. Sit relaxed but alert. Breathe calmly and regularly.

Next, quiet your mind. Acknowledge any thoughts, or preoccupations, or worries, or anxieties. Whatever concerns you may have for your family, or your work, or your daily activities, simply surrender them to God.

Now recall that you are in God's presence. Recall, too, that Jesus Christ, our risen Lord, true God and true man, is within you. With humility and awe, bow to the Lord, our God. Now quietly sit with Jesus, aware of his presence within.

Silently, interiorly begin to say a single sacred word to help you to remain attentive to Jesus' presence. If you are using a word such as Maranatha, recite it as four syllables of equal length, MA-RA-NA-THA. Listen to it as you say it, gently but continuously. Do not think or imagine anything-spiritual or otherwise. If thoughts and images come, just let them go and return to simply saying the word.

As your time of prayer draws to a close, open your eyes. Continue to sit comfortably for a few minutes, gradually becoming aware of your surroundings. You may wish to conclude your time of prayer by saying slowly and reflectively the Our Father, the Hail Mary, or some other prayer. Reflectively making the Sign of the Cross or a heartfelt "Thank You, Lord, for this time together" can be a fitting conclusion.