

Simple Meditation

(Recommended by St. Francis de Sales)

Preparation.

- Place yourself in the presence of God. Try to clear out your mind of other considerations. Make yourself comfortable and relaxed
- Invoke God's presence with a short prayer or mantra, such as: "Speak, Lord, your servant is listening" or "Come, Lord Jesus."

Meditation.

- Use your imagination to picture an event in the life of Christ, Mary, or one of the saints.

Put yourself in that picture so that it is not a past event but something happening to you now.

Imagine the words of the bible being spoken to you personally.

(or)

- Think of a recent experience or concern that you've had.

Imagine that Jesus is present to you now.

Imagine the words he might speak to you about the experience or concern. Imagine the questions you might ask him and how he would answer.

- Let the meaning of the words touch your heart and open it up to greater trust, generosity, and love.

Conclusion.

- Thank God for this experience of God's presence.
- Offer your life again to the Father in imitation of Christ's total self-giving.
- Ask for the help you need to put into practice the holy resolutions that have arisen from your prayer.

Adapted from Charles M. Murphy. *Belonging to God--A Personal Training Guide For the Deeper Catholic Spiritual Life*. Crossroad Publishing Co, 2004.