



**What is Meditation?** It is a process of the mind and heart in which ideas and words, events and stories are pondered and savoured so that discoveries are made, God's grace is experienced and our relationship with God is deepened and enriched.

**How Do We Meditate?** (1) Find a Regular Time. (2) Find a Quiet Place: Free from distraction. (3) Get into a Comfortable Posture: Back Straight, Feet on the Floor, Eyes Closed, Hands Open. (4) Manage Distractions: Write stuff down and deal with it later. (5) Try These Approaches:

**1. Scripture Meditation:** Read it slowly; Engage with God about what you are reading; Apply it to your life and Pray it through.

**2. Palms Up, Palms Down:** Place your palms down as you pray about any concerns you have. Turn your palms up and pray to receive God's grace, mercy or help.

**3. The Jesus Prayer:** Say this prayer slowly out loud a few times, then under your breath a few times, and then in your heart a few times: *Lord Jesus Christ, Son of God, have mercy on me a sinner* (Luke 18:38).

**4. Centering Prayer:** This is a way of bringing ourselves before God and focussing on Him without having to say anything. You select a short "prayer word" such as "God," "love," "Spirit," or "Jesus" and you say it gently when thoughts try to distract you from being with God. The goal is not to say the word over and over but use it to keep distractions from your mind to focus on being with God.



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