

Christian Meditation

1. When you hear the music to signal that we will be meditating, get ready.
2. Sit still and upright with your back straight. Sit with core stability without leaning against anything.
3. Place both feet flat on the floor (or legs crossed if you are sitting on the floor).
4. Place your hands on your lap facing either upwards or downwards.
5. Close your eyes lightly, or look at your hands without focussing too hard on them.
6. Be aware of your normal breathing pattern as you start to relax.
7. After the music and the singing, you will hear the sacred prayer word maranatha as four separate syllables, ma-ra-na-tha. I will invite you to join in with the mantra gently and silently in your mind. Maranatha is your sacred prayer word, or mantra. It means, 'Come, Lord Jesus'.
8. You will hear a chime sound 3 times to signal the start of your meditation.
9. Remember to keep still. Don't fidget or move your body - just be still and silent. You might hear a sound in the room, but stay silent.
10. Don't think of anything— I invite you to relax and let God in. If thoughts do come along, these are distractions so keep returning to saying your prayer word silently to focus your mind.
11. When the meditation time is ended, the chime will sound again three times, signalling the end of your meditation.
12. Are there any feelings that you had during your meditation? How are you feeling now?

