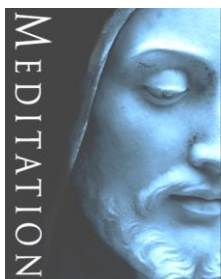


“Be still and know that I am God.”

Psalms 46:10

Christian Meditation

An Ancient Form of Contemplative Prayer



Christian Meditation is not something new. It is central to the Christian experience and deeply rooted in the Christian tradition.

Meditation, also known as contemplative prayer, is the prayer of silence and listening.

Benedictine monk, Father John Main (1926-1982) says:

“In meditation our way forward to this growing awareness of the Spirit praying within us lies simply in our deepening fidelity to the saying of the mantra. It is the faithful repetition of the word that integrates our whole being. It does so because it brings us to the silence, the concentration, the necessary level of consciousness that enables us to open our minds and heart to the work of God in the depth of our being.”

The Practice: In the Christian tradition, meditation is also called the “*prayer of the heart*” or “*contemplative prayer*.”

There are three basic elements in this form of meditation:

- Silence
- Stillness
- Simplicity

We follow a very simple tradition that has been taught in Christianity from the

beginning. We use a prayer word, a *mantra*, a sacred word, and we stay repeating that single word throughout the time of the meditation.

There are many sacred words which can be used as a mantra, for example the name *Jesus* or the word *Abba*. The recommended mantra in Christian meditation is *Maranatha*. It is an Aramaic word, the language that Jesus spoke. It is the oldest Christian prayer and it means “Come Lord.”

Session Format:

- Gather and opening prayer
- Introduction to meditation
- Practice meditation
- Scripture reading
- Reflection
- Closing prayer

Fr. Laurence Freeman, OSB writes that in both Western and Eastern traditions, meditation (or contemplation) is acknowledged as an essential work, an ongoing discipline of the pilgrimage of spiritual growth.

Christian Meditation is held twice monthly in Room 3 on the 2nd Tuesday at 10:30 a.m. and the 4th Thursday at 2:00 p.m.



Ministry with Maturing Adults
705 728 2985 ext. 115

St. Mary's Parish
65 Amelia St. Barrie, ON