



## - A RESOURCE FOR ONGOING FORMATION -

### Part 3: Prayer

#### Chapter 5. Meditation

As Jesus was the true worshipper of the Father, so let prayer and contemplation be the soul of all they are and do. Rule 8

The brothers and sisters should love meeting God as his children and they should let prayers and contemplation be the soul of all they are and do. They should seek to discover the presence of the Father in their own heart, in nature, and in the history of humanity in which his plan of salvation is fulfilled. The contemplation of this mystery will dispose them to collaborate in this loving plan.

*Constitutions* art 12.3

**Meditation**—one's posture is important at the outset; sit comfortably, try to relax completely, without tension, without distractions (like noise, flashing light etc)

**Mantra**—such as *maranatha*; *Lord Jesus, think on me*

**Method**— Scripture passage; Our Father; Rosary; Lectio Divina

### *Meditation*

is above all a quest. The mind seeks to understand why and how of the Christian life, in order to adhere and respond to what the Lord is asking. The required attentiveness is difficult to sustain. We are usually helped by books, and Christians do not want for them: the Sacred Scriptures, particularly the Gospel, holy icons, liturgical texts of the day or season, writings of the spiritual fathers, works of spirituality, the great book of creation, and that of history—the page on which the 'today' of God is written.

### *There are as many and varied ways of meditation*

as there are spiritual masters. Christians owe it to themselves to develop the desire to meditate regularly, lest they come to resemble the three first kinds of soil in the parable of the sower (Mk 4.4-7, 15-19). But a method is only a guide; the important thing is to advance, with the Holy Spirit, along the one way of prayer: Christ Jesus.

### *Meditation*

engages thought, imagination, emotion and desire. This mobilisation of the faculties is necessary in order to deepen our convictions of faith, prompt the conversion of our heart and strengthen our will to follow Christ. Christian prayer tries above all to meditate on the mysteries of Christ, as in *lectio divina* or the rosary...

*Catechism of the Catholic Church* 2705, 2707-2708 (p 575-576)



## Scripture—

### Lk 22. 39-46

He came out and went, as was his custom, to the Mount of Olives; and the disciples followed him. When he reached the place, he said to them, ' Pray that you may not come into the time of trial. ' Then he withdrew from them about a stone 's throw, knelt down, and prayed, ' Father, if you are willing, remove this cup from me; yet, not my will but your be done. ' [Then an angel from heaven appeared to him and gave him strength. In his anguish he prayed more earnestly, and his sweat became like great drops of blood falling down on the ground.] When he got up from prayer, he came to his disciples and found them sleeping because of grief, and he said to them, ' Why are you sleeping? Get up and pray that you may not come into the time of trial. '