

Meditation

Meditation is opening ourselves to the mind of God and his presence in our lives;

- Sit in a quiet spot in a comfortable chair,
- Be conscious of your breathing and settle yourself so that your breathing is calm and steady,
- Say a prayer inviting the Holy Spirit to guide your meditation;
- Aim to meditate for 5 to 10 minutes.
- Think about each of the words below and consider the qualities each word describes.
- Allow yourself to free associate and let your mind explore the associations:
 - Faith
 - Hope
 - Justice
 - Grace
 - Forgiveness
 - Mercy
 - Faithfulness
 - Peace
 - Confession
 - Trust
 - Generosity
 - Patience
 - Kindness
 - Joy
 - Love
 - Sacrifice
 - Gentleness
 - Self-control
 - Worship
 - Communion
 - Fellowship

- End your period of meditation with the Lord's Prayer.