

How to Meditate – Christian Meditation & The Jesus Prayer.

In this simple form of prayer, we mentally repeat the Holy Name of Jesus to settle into God's presence:

- Sit comfortably upright.
- Close your eyes
- and begin to think the Holy Name of Jesus.

"Jesus, Jesus, Jesus . . .".

Mental repetition is not a clear pronunciation. It's just a faint idea.

If at any time you seem to be forgetting the Holy Name. Don't try to hold on to it. Let it go. Take it as it comes.

The effectiveness of this prayer does not depend on how distinctly or how many times you say the Holy Name of Jesus, but rather in just letting the process be easy, natural and effortless.

If other thoughts come, fine. They're an inevitable part of meditation. Just when you become aware that you're not thinking the Holy Name quietly come back to it.

Most people meditate twice a day for about 20 minutes, once in the morning and again in the evening, preferably before breakfast and dinner. When you're finished, take a few minutes to come out of meditation slowly, and then finish with a favourite prayer.