

Tips for Christian Meditation & the Jesus Prayer

The ancient practice of Christian meditation and the Jesus Prayer roots one's life in Christ and brings: A deeper experience of God, Enrichment of Faith, Serenity, Greater Energy, Improved Health and Relief from stress.

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.

The Cistercian order's most famous son, St. Bernard of Clairvaux (d.1153), was a great devotee of the Jesus Prayer. "The name of Jesus nourishes when it is contemplated, and soothes when it is invoked... Always have the Name of Jesus in your bosom, and in your hand, thereby to direct every emotion and every act to Jesus".

(15th Sermon on the Song of Songs)

Jesus says, "Holy Father, protect them in your name that you have given me, so that they may be one as we are one." (NRSV, John 17:11b)

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