

The World Community for Christian Meditation

"The important aim in Christian meditation is to allow God's mysterious and silent presence within us to become more and more not only a reality but the reality which gives meaning, shape and purpose to everything we do, everything we are"

-John Main-



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Opening Prayer

Heavenly Father, open our hearts to the silent presence of the spirit of your Son. Lead us into that mysterious silence where your love is revealed to all who call. Maranatha ... Come, Lord Jesus.

How to Meditate

Sit down. Sit still and upright. Close your eyes lightly. Sit relaxed but alert. Silently, interiorly begin to say a single word. We recommend the prayer phrase, 'Maranatha'. Recite it as four syllables of equal length. Listen to it as you say it, gently but continuously. Do not think or imagine anything spiritual or otherwise. If thoughts and images come, these are distractions at the time of meditation, so keep returning to simply saying the word. Meditate each morning and evening for between twenty and thirty minutes.

Closing Prayer

May this group be a true spiritual home for the seeker, a friend for the lonely, a guide for the confused .

May those who pray here be strengthened by the Holy Spirit to serve all who come and to receive them as Christ himself. In the silence of this room may all the suffering, violence and confusion of the world encounter the power that will console, renew and uplift the human spirit.

May this silence be a power to open the hearts of men and women to the vision of God, and so to each other, in love and peace, justice and human dignity. May the beauty of the Divine Life fill this group and the hearts of all who pray here with joyful hope.

May all who come here weighed down by the problems of humanity, leave giving thanks for the wonder of human life. We make this prayer through Christ our Lord.