

Thy Kingdom Come!

Guided Meditation Format

BEGIN: “This is a guided meditation, taking you through each step of each part of the meditation, so that it will be as if we are speaking and listening together to Christ’s message in our gospel passage this morning.

We begin with a prayer to put us before the presence of the Lord with open hearts to His Spirit’s workings in our lives.”

- Come Holy Spirit.... 1 min.
- Preparatory Acts of Faith, Hope and Charity....(Use RC prayer book) ~3 – 4 min.
- Petition: 1 min.
(Some spiritual need: ex. Greater love, deeper experience of Christ, etc.)
- Read Gospel Passage: 2 min.

“After the presentation of the points, there will be 10 minutes for private reflection. And so we begin making ourselves available to Christ’s personal message, our intimate reception of His message to each of us:”

- Points: (3 points of Meditation) 30 min.
(Ponder Christ in the points of the meditation. Incorporate the Gospel passage and any relevant Church teaching)
- Point 1:**
- Point 2:**
- Point 3:**

At the end of the meditation, leave time for silent meditation on the points presented.