



MEDITATION IN CLASS



1. Nature Meditation

Reflect on the wonders of God's creation.

2. Daily Examen

Take a couple of minutes at the end of the day....

3. Video Meditation

Allow images and sounds to take you closer to God.

4. Imaginative Prayer

Put yourself in the scene. Be close to Jesus!

5. Scriptural Meditation

Reflect on a short passage from the Bible. Take your time and share your thoughts with God.

6. Lectio Divina

Listen to the Word of God. What do you notice?

