

## Recommended Meditation Guide and Readings for Christian Meditation Retreats

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Fr. Laurence Freeman has developed Guidelines for Readings and Meditation at WCCM retreats. Most retreats have scripture and readings before and after meditation, but these guidelines provide structure and consistency to the meditation sessions throughout the world community.

- *If there are two meditations in the morning before breakfast, the first begins and ends without readings.*
- *Retreatants should be told to be punctual and if they arrive after the meditation has begun to meditate outside the room so as not to disturb the group.*
- *Readers should be well-chosen for clarity and confidence of speech.*
- *Chants or music can be used before the starting bell and after the ending bell of the meditation.*
- *Meditation times on retreat should normally be 30 minutes but not less than 25.*
- *Chairs and cushions should be offered.*
- *Instruction on posture as well as the essential teaching should be given at the beginning of the retreat.*
- *The other times of meditation should be framed as indicated below with the readings indicated.*

### Morning Prayer and Meditation:

- **Leader:** *O God, come to my assistance.*  
R: *O Lord, make haste to help me.*  
All: *Glory be to the Father....*
- **Psalm** (recited or sung as appropriate)
- **New Testament reading**
- **Opening Prayer:**  
*Heavenly Father, open my heart to the silent presence of the spirit of your Son.  
Lead me into that mysterious silence where your love is revealed to all who call, Maranatha, Come Lord Jesus*
- **Music or bell** before meditation
- **Meditation**
- **Music or bell** after meditation
- **Reading** from the Gospel
- **Closing prayer**  
**Leader:** *May the Divine assistance remain always with us.*  
**All:** *And with our absent brothers and sisters. Amen*

### Midday Prayer and meditation

- **Leader:** *O God, come to my assistance.*  
R: *O Lord, make haste to help me.*  
All: *Glory be to the Father....*
- **Psalm** (recited or sung as appropriate)
- **New Testament reading**
- **Opening Prayer:**  
*Heavenly Father, open my heart to the silent presence of the spirit of your son.  
Lead me into that mysterious silence where your love is revealed to all who call Maranatha, Come Lord Jesus*

- **Music or bell** before meditation
- ***Meditation***
- **Music or bell** after meditation
- **Reading** from John Main
- **Closing prayer**  
**Leader:** *May the Divine assistance remain always with us.*  
**All:** *And with our absent brothers and sisters. Amen*

### Evening Prayer and Meditation

- **Leader** *O God, come to my assistance.*  
**R:** *O Lord, make haste to help me.*  
**All:** *Glory be to the Father...*
- **Psalm** (recited or sung as appropriate)
- **New Testament reading**
- **Opening Prayer:**  
*Heavenly Father, open my heart to the silent presence of the spirit of your Son.  
Lead me into that mysterious silence where your love is revealed to all who call,  
Maranatha, Come Lord Jesus*
- **Music or bell** before meditation
- ***Meditation***
- **Music or bell** after meditation
- **Interfaith or Other Reading.**
- **Closing prayer**  
**Leader:** *May the Divine assistance remain always with us.*  
**All:** *And with our absent brothers and sisters. Amen*