

Suggestions for a group using the meditation material

Each meditation is free standing and might be suitably used over a period of between fifteen and thirty minutes.

The Scripture quotations are deliberately short and are profitably read by the leader very slowly, even one phrase at a time.

The music can be used in different ways before, during or after the meditation reading.

The short final prayer is suggested as part of a conclusion to the time of personal prayer and reflection.

The leader may well wish to change the comment/question sections but the advice is to keep to the very short nature of the comments.

The quotations from the hymn by Samuel Crossman are selected to fit the meditation but some groups might like to read or sing the whole hymn at some point during the meditation.