

CHRISTIAN CHANT

- Choose a chant. Ideally the words and mood of the melody should reflect what you wish to express to God.
- Make yourself comfortable in a quiet place with whatever songbook or recording you plan to use. You may want to light a candle.
- Start with a prayer to help center and prepare you to receive the gift of God's presence.
- When you feel ready, begin chanting. Try chanting for several minutes. You may find it easier to chant for a longer period of time if you alternate between two or three different chants. Allow the Spirit to guide you. You will find that your chanting will naturally begin to slow down until it feels right to stop.
- Rest in God's presence for a while.
- Reflect on your experience. You may wish to write in your journal.
- Finish by offering a prayer of thanks for this time with God and for any insights you received