

54.

Cardinal Rigali Message Meditation

Announcer: And now a message from Cardinal Justin Rigali, Archbishop of Philadelphia.

Dear Friends,

Christian tradition has preserved three forms for expressing and living prayer. They are vocal, or spoken, prayer; meditative prayer; and contemplative prayer, which can be a simple gaze upon the Lord in silence and love. The feature common to all of them is the recollection of the heart.

The Compendium of the Catechism of the Catholic Church tells us that Meditation is a prayerful reflection that begins above all in the Word of God in the Bible. Meditation engages thought, imagination, emotion and desire in order to deepen our relationship with God. It also helps convert our heart and fortify our will to follow Jesus Christ. It is the first step toward the union of love with our Lord.

I encourage you, when unable to pray vocally, to experience intimacy with the Lord in thought and prayerful reflection through Meditation.

May God Bless you all.

(Source material: The Compendium of the Catechism of the Catholic Church, Nos. 568-570).

149 words.