



METHOD FOR MEDITATION from St. Francis de Sales

1. Preparation

- Acknowledge God's presence in the world & within you
- Ask for God's assistance

2. Considerations

- Choose a spiritual subject or topic, such as a Bible verse, religious image, virtue, or a theological concept.
- Reflect deeply on this subject, using your intellect to understand its significance.

3. Affections & Resolutions

- Cultivate feelings of love, devotion, and affection toward God and the spiritual truths you are contemplating
- Make resolutions based on your insights to guide your actions and help you live your life in accordance with the spiritual truths you have contemplated.

4. Conclusion

- Give thanks and praise
- Ask for grace to stand by the resolution

