



Classic Catholic Meditations

Bede Jarrett

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Without regular reminders of God and a sure routine of prayer and meditation, your inner life shrivels up, your prayers grow listless, the sacraments become habits, and even the Mass seems routine.

Daily meditation is a proven remedy for such dangerous spiritual lethargy, and in our day it is more important than ever before.

That's why the wise Dominican priest Bede Jarrett penned for busy Catholics like you the more than 120 meditations collected here none longer than 1,000 words to ensure that each of your days contains at least one brief, thoughtful encounter with God.

Each meditation calls to your attention some truth of revelation to help you keep in mind that God wants you to be a saint and to help you attain that lofty goal, no matter how secular your circumstances may be or how dry your spirits.

You don't know how to meditate? No problem. Meditation is simply prayer of the mind and heart, a kind of prayer that Fr. Jarrett teaches you here in a page or two.

Once you learn it, you'll find yourself reaping the rich spiritual harvest that regular meditation brings. In fact, within days of taking up these pages, you'll be surprised to find yourself habitually addressing yourself to God and not merely during crises, but also in the ordinary course of your day, regularly calling on Him for strength and quietly speaking to Him out of the fullness of your heart.

Classic Catholic Meditations will calm your soul, enrich your faith, and help you pray. Why not begin today?

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