**Meditation start prayer**

Jesus open our ears to hear your voice, open our eyes to see your face,

open our mouths to say your words, open our hearts to your love. [Repeat]

**Meditation Final Blessing**

We call on you oh God and on Jesus Christ your son,

by the power of the Spirit that makes us truly one.

We ask you to bless us and lead us in your ways,

as you guide us on our journey every day.