

# The Guided Meditation.docx

After the group is quiet and have settled, begin by saying

...

Relax.

Quiet yourself in this space.      Enjoy the silence.      Let go of the  
distractions.

Breathe in.

Hold.

Breathe out.

Breathe in.

Hold.

Breathe out.

Be still.

Relax.

Let all your worries fly away.

Breathe in.

Hold.

Breathe out.

Breathe in.

Hold.

Breathe out.

Imagine . . .

*You are on a boat. Its not a large boat, but its pretty comfortable. You can feel the wind in your face, smell the wind and the sea, feel the roughness of tge wood beneath you. As you settle, you think about these past days.*

What an amazing time you have had.

You and your friends have been following Jesus for a while now.

You are dead tired, but still content as you find a place to rest in the boat.

*You look around and you see the faces of your friends, your companions on this journey. You hear them talking and laughing with each other.*

You look at Jesus who is sitting at the stern.

He puzzles and confuses you, but you admire him so much. There is just something about him.

You Feel the slow-moving lull of the boat.

Feel the waves gently lull the boat back and forth.

Back and forth.

Relax.

Some of your friends fall asleep. You feel like maybe you could fall asleep too.

Jesus is already asleep.

The boat keeps moving across the lake.

You think about the day.

Your mind is just wandering.

The wind starts blowing.

You can tell it is becoming harder to row now.

The current is choppy.

The sky is getting black.

You Take your turn with the oars.

Its hard Work.

You can feel the storm feel the wind strengthening, the rain getting harder, beginning to pelt your face, the waves getting rougher and higher.

The waves begin to overtake the boat.

The water is coming in over the sides.

Everyone has woken up and is working hard to keep the boat upright. They are hiding it , but there is a growing sense of fear.

Someone yells to you, "Wake up Jesus. We need his help. Now!"

You're surprised to see Jesus is still asleep. How can he be sleeping through this? You are the closest one to him so you

Move towards Jesus and shake his shoulder.

Jesus, wake up! Wake up! We need you!

Jesus sits up and looks around.

He speaks firmly, "Quiet." he says. Who is he speaking to? The wind? To you?

But the wind stops.

Just like that, the water calms, the waves ease, and the sea becomes still as glass.

Jesus looks like he wants to go back to sleep.

What just happened? You look around and everyone is amazed.

Jesus looks at all of you and says,

"Why are you so terrified? Why are you so lacking in faith?"

A great awe overcomes you. You wonder,

"Who is this man that even the sea obeys him?"

"Who IS this man that even the sea obeys him?"

Sit with this wonderment.

Pause

You crawl back over to where Jesus is resting.

Approach him cautiously.

Ask him your question, quietly, a little hesitant,

"Who are you that the sea obeys you?"

Listen to his answer.

pause

He looks into your eyes and you can feel the great love he has for you.

You want to tell him about something in your life that is raging,

a storm in your life,

a situation that needs Jesus' touch.

You have a sense that, even before you speak, he already knows what you are going to say. And he is ready to listen.

Pour your heart out to him. Let him know how frightening this is for you. Ask him how to quiet THIS storm.

Be with him. Feel his love for you. Hear him speak to you.

Rest in his presence.

Pause

It is time to reenter this space.

Say good-bye for now.

Ask Jesus to lead your way to the rest of the day.

Say thank you.

Come back gently.

Open your eyes.

Remember.

I'm going to give us about ten minutes. You may use this time in whatever way is best for you,

You can walk a bit or just sit in the quiet.

Perhaps you would like to take a few minutes to write about this

experience. What did you hear? What did you feel? What would you like to remember?