

Christian Prayer V: Bi

Guided meditation - The Statue

It is helpful to begin the meditation with a brief quietening-down exercise, using breathing or a mantra to quieten and centre the group.

The Statue ★

A sculptor has made a statue of you!

He invites you to make your way to his studio so you can see it by yourself, before it goes on public display.

You go.

You open the door and there in the middle of the studio you see it – but for the moment it is covered with a cloth.

You step forward and pull the cloth off

- What do you see?
- How has the artist depicted you?
- What do you feel? Are you pleased or displeased?

You step back to take it all in.

- How big is the statue? What is it made of? Is it coloured or plain?

Touch it.

- How does it feel?

Walk around it – how does it appear from the front, from behind?

- What do you like?
- What do you not like in what you see?

In the quiet of your mind, speak to the statue.

- How does the statue reply?
- Have you something more to say to each other?

And now become the statue.

- How does that feel to be standing there – for people to see?

Jesus walks into the room

- How does he look at you? What do you feel as he looks at you?
- What does he say to you? And what do you say in return?

Do you have more to say to each other – take a moment to listen to him and for him to listen to you.

Then Jesus goes away and you are no longer the statue but standing by it.

- Does the statue look different now?
- Do you feel differently now?

It is time to leave. How will you say goodbye to the statue?

And now say your goodbyes, as we bring the meditation to an end.

- ★ The exercise is written as a script. You can read it to a class. But leave lots of pauses, to allow people to get comfortable, to notice how they are feeling etc. Maybe allow 10 seconds or more after each bullet point.

The accompanying PowerPoints includes the scripts read for you, (It lasts c5 minutes and includes the sound of a concluding bell. All you need add is the closing 'Glory be...')

