

Christian Prayer V: supplement B ii

Guided meditation - The chair

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 Chair

- Imagine yourself sitting in a room.
- What sort of a room is it? How large? How is it decorated? What can you see in it?
- What sort of a chair are you sitting on? And are you sitting comfortably?
- Notice now that there is another chair, close to you, and empty.
- And next see Jesus come in and sit in that chair.
- Use your imagination to serve your faith. Jesus is always close to us, but we don't see him, and we don't necessarily always remember that he is close. But he is. And now in this prayer you are invited to use your imagination to know him near.
- From the quiet of your heart what would you want to say to him?
- In the quiet of your heart speak with him.
- And in the quiet of your heart listen to what he might want to say to you.
- *After a couple of minutes.*
- Say your farewell to Jesus.
- And hear his farewell to you.
- As you come to the end of this prayer, remember that you have this place in your imagination.
- It is there for anytime you want to step aside from everything else for quiet and to be with Jesus who is always ready to be quiet and be with you.

★ *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.*

An accompanying PowerPoint includes the script read for you. It lasts c.5 minutes and includes the sound of a concluding bell. All you need add is the closing 'Glory be...'

