

Christian Prayer Vbiii

Guided meditations - The special place

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

A place for prayer ★

- Where have you felt close to God?

For some it will have been in a church. For others it will be a place they were really happy. For others it will be when they paused on a mountain top and looked out, or by a lakeside or on the sea shore - and where they sensed something of the wonder of our world, and of our place in it.

If you have experienced God's closeness in any such place, use your imagination to place yourself back in that setting.

Imagine your special place as vividly as possible.

Remember – sense – all the colours... the sounds... maybe the smells...

And if you have not experienced God's closeness in any particular place, then simply now choose and create your own place to be with God in prayer – and hold it in your mind – as you imagine your chosen place, the colours, the sounds....

Let us rest in this special place and enjoy it.

- Now raise your heart to God and call his love to mind.
- Enjoy your special place together with God.
- Give God thanks for his love and for the gift of life that he shares with you.

.... *After a couple of minutes....*

And now, say your farewell, and hear God's farewell.

It's time to move away, but remember you have this place in your imagination for anytime you want to step aside from everything else for quiet and to be with God.

- ★ 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...')

