

Guided Meditation

By Shannyn Magee

The Psalms are wonderful prayers that can be used to communicate to God our desires, and for God to communicate in return. Using the guidance of voice, relax your body and mind and open your soul in prayer.

For

Adult

Season

Fall

Needed

Bible, a quiet space, appropriate device to play audio recording of meditation



Activity Plan

1. From your Bible, read Psalm 46 and highlight or circle any words or phrases that jump out at you. Spend a few moments reading those words over again.
2. Sit in a comfortable position (on your knees, cross leg, or feet out in front) or lay down flat on the floor (if you have lower back tension keep the knees bent and let them fall together, this will give more support to your lower back). Say this prayer silently or aloud:

Holy Spirit come. Come fill me with your life-giving breath. Guide my thoughts and my prayers. Let me hear what you have to say. Amen.

3. Listen to the [audio recording of the guided meditation](#). See the script in the following pages.

Note: guided meditation takes practice. It is not unusual for it to take numerous sessions to calm your body and mind. Do not feel discouraged if you have trouble calming your mind or your body. It is a learned skill that requires practice.

Also note: once you are able to engage in the guided meditation is it normal to feel emotions rise to the surface, feel a deep relaxation, or to even fall asleep.

Guided Meditation Script

Come to comfortable position either sitting or laying down. If you have tension in your lower back allow your knees to fall together to provide support.

Close your eyes and focus on your breath. Breathe deeply in through your nose, filling your belly with air. As you exhale gently allow your body to relax, settling gently into the earth, becoming heavier with each release.

As you breathe allow your mind to calm. If thoughts or concerns come in to your mind acknowledge those thoughts and let them go. Allow them to drift by like clouds, there will be time for those thoughts later. Right now, this is your time to settle and focus on time with God.

As you inhale breathe in the Holy Spirit, the *ruah*, the breath of life. As you inhale breathe in God's grace; as you breathe out, exhale freedom and release. Inhale grace; exhale freedom.

Imagine the breath, the *ruah*, filling your body. Let it start in your belly and move up into your heart, swelling with love and warming your chest.

Allow that breath, that grace, to move up into your mind. Exhale freedom and release any tension that may be stored around your eyes, smoothing out your forehead.

Breathe in grace and let the release move into your face. As you exhale relax your jaw, allowing your tongue to fall away from your teeth. Let that breath move down through your neck and shoulders.

Breathe in grace and exhale freedom as the tension melts away from your shoulders, creating space and length in your neck.

As you inhale imagine your breath flowing down through your arms, all the way to the tips of your fingers, filling every crevice with grace and feel freedom as your exhale and release.

Allow your breath to move through your torso, through your belly and down through your hips. Allow grace to settle at the center of your being and feel the gentle pull of gravity of the release and relaxation as you exhale.

Inhale and let your breath move through your legs, into your knees creating space and cushion, down through to your ankles and out through the soles of your feet. Let your feet fall open as you exhale, feeling freedom from tension.

As you breathe, continue to breathe in grace and exhale freedom as the breath of life moves freely through your body, filling every space and crevice, creating warmth and healing through the gift of unconditional love and forgiveness from God.

Hear these words as you continue let God's grace flow through you.

Psalm 46

God is our refuge and strength,
a very present help in trouble.
Therefore we will not fear, though the earth should change,
though the mountains shake in the heart of the sea;
though its waters roar and foam,
though the mountains tremble with its tumult.

There is a river whose streams make glad the city of God,
the holy habitation of the Most High.



God is in the midst of the city; it shall not be moved;
God will help it when the morning dawns.
The nations are in an uproar, the kingdoms totter;
he utters his voice, the earth melts.
The Lord of hosts is with us;
the God of Jacob is our refuge.

Come, behold the works of the Lord;
see what desolations he has brought on the earth.
He makes wars cease to the end of the earth;
he breaks the bow, and shatters the spear;
he burns the shields with fire.
'Be still, and know that I am God!
I am exalted among the nations,
I am exalted in the earth.'
The Lord of hosts is with us;
the God of Jacob is our refuge.

Be still and know that I am God.
Be still and know that I am.
Be still and know that.
Be still and know.
Be still.
Be.

Start to bring awareness back into the room by moving your fingers and your toes. On your time draw one knee into your belly, then the other giving yourself a hug and rocking side to side massaging your lower back. Roll over to your right side and push yourself into a seated position. Take a deep breath in bringing your hands up over head. Holding your hands in prayer draw your hands to your mind and your heart. May the peace of the Lord be with you this day. Amen.

