

## Guided Meditation

Wherever you are, take a deep breath in (*pause*), and then let it out.

In your imagination or physically, move forward and pause. Take another deep breath in (*pause*), and then let it out.

And, do that one more time. Move forward, pause, and take in a deep breath (*pause*), and let it out.

Now, imagine your feet are on the ground, in soft soil. If you can, wiggle your toes. Feel your body connected to the earth.

Silently, give thanks to God for God's good creation, this earth, this dirt, and you.

In your imagination or physically, slowly move forward. You are walking or moving alongside God.

Yes! God is with you, and you are with God. Right now, right here.

You are feeling happy and loved. You are feeling blessed.

You are walking humbly with God.

Pause for a moment. In your imagination, look around you.

Who do you see? Here in this room . . . in your life at church . . . at school . . . at home . . . at work . . . at play . . . wherever you may find yourself.

These people are God's creation too. You walk or move together with them in God's world.

Silently, give thanks to God for them, for who they are, and for the gifts they bring.

In your imagination or physically, slowly move forward. Continue walking or moving alongside God.

Think about that: you are humbly with God, thankful for all God has given you . . .

your strengths and interests and abilities . . . the people in your life . . . your community of faith . . .

As you are moving forward, give thanks to God with each step or movement:

- Give thanks to God for being with you right now and right here.
- Give thanks to God for something good that happened to you today or this week.
- Give thanks to God for someone you love.
- Give thanks to God for someone who loves you.
- Give thanks to God for you.

Now pause again. You are humbly with God. You are feeling happy and loved.

Take a deep breath in (*pause*), and then let it out.

Tell God you will do this again soon.

Take another deep breath in (*pause*), and then let it out.

And one more time, take a deep breath in (*pause*), and then let it out.