

Lent 2: Wilderness Wanderings

This week you are invited to practice the meditation from the group meeting—with a few variations. The prayer includes a time of silence. During this time you may include reading of Scripture, conversation with God, or just quiet moments with your Creator. Scripture suggestions are listed below. Try not to hurry through the silence. It takes practice, but it's worth the effort! If you like, share your experiences with the group by e-mail or at the next meeting.

E-mail or Journal Questions for Reflection

What commitments have you made to grow your:

- Relationship with God?
- Relationship with family and friends?
- Relationship with the world?
- How's it going?

Meditation

If you have a candle, light it. *The time of the sacred search has begun.*

Recall your experience of the guided meditation during the group session this week. The following is an outline to be used when leading a guided meditation. Read through it slowly. Then set it aside. Find a comfortable position and meditate, using as much of the outline as you can remember. Try not to be concerned about "getting it right," or doing things "in order." Just focus on your breathing and turn your attention to God's presence. If you take time to meditate each day this week, you may find you remember more of the outline as you become familiar with it, or you may discover one or two aspects of it that are especially fulfilling for you.

Close your eyes and get into a comfortable position. (*Pause for a few breaths.*) Try to relax but still stay alert ... Become aware of your physical body ... Consciously release any tension you feel ... Tighten and then relax the tired spots. Allow yourself to grow quiet.

Concentrate now on your breathing ... Pay attention to the feeling of the air filling your mouth and lungs ... Let the air go ... Take slow, deep breaths. God has given you the breath of life. Every breath is a gift ... Breathe in God's presence, breathe out tension ... Breathe in God's presence; breathe out what holds you back ... Breathe in and breathe out.

Let your mind be filled with God's peace ... Let go of the worries and concerns you came in with. Gather up the thoughts that keep coming back and release them to God ... Imagine yourself picking them up and handing them over to God to hold for you during this time.

Turn your attention to God's presence ... Become fully aware of the God who loves you ... Let God's love encircle you ... Let God's presence fill you and simply rest in God. No need to speak. Just be ... Let God enfold you like a warm peace, or a gentle breeze, or a small child with a parent. Rest and take in the love that carries you. Be silent with God.

(Pause for 10 or more slow breaths.)

(Silence.)

Let God meet you in the silence, and rest in God's healing presence. Thank God for any good things that have come out of this time. Become aware once again of your breathing. Focus on each breath—coming in ... going out. Slowly begin to take in your surroundings.

Extinguish the candle.