

## Centering Meditation



Seat yourself in a comfortable position in your chair.  
Close your eyes and breathe deeply several times.  
Release any muscle tension of which you are aware.  
Gradually slow your breathing.  
Become aware that God is present, breathing life into you at each moment.  
Take this in as gift. (Pause)

Notice all that you have brought with you to this place,  
what rumbles around inside of you.  
Concerns that weigh heavily on your heart or mind.  
Responsibilities that are left uncompleted.  
Notice how you come to this gathering. (Pause)

Gather up thoughts, concerns, responsibilities, worries,  
and one by one give them to God.  
You may picture Jesus sitting across from you with arms open.  
Place each concern into God's care.  
You can take them back later if you want.  
But for right now, relax and let go of everything.  
Sense space opening up and expanding within you. (Pause)

Now, see yourself through the eyes of God-with eyes of grace.  
Regardless of what feelings you have rumbling about inside of you,  
at this very moment, God absolutely delights in your being.  
You are fearfully and wonderfully made.  
God holds your specialness close to God's heart.  
You are connected to God for eternity.  
Sit for a few moments and soak up the love that radiates from God to you.

Notice how good it feels to do absolutely nothing  
except enjoy the peace, warmth and presence of God. (Pause)

Give thanks to God for space to be and receive.