

A wide, shallow body of water, possibly a salt flat or a dry lake bed, reflecting a bright blue sky filled with white, fluffy clouds. In the distance, a range of low, brown mountains is visible. The water is very still, creating a clear mirror image of the sky and mountains. The overall scene is serene and quiet.

A Quiet Day for Scotland

Ways of Praying

## Guided Meditation

### What do I really want?

It can be helpful to look at our expectations? what is it we really want, from this Quiet Day, from our lives, from God, from other people?

The following meditations encourage us to listen to God's prompting 'What do you want to do?' To get in touch with our hopes, longings, dreams, regrets and so listen and respond to God's invitation to draw closer to him on our journey.

### Meditative reading

Read the following passage, slowly and carefully. Allow the words to sink into your being. When a word or phrase strikes you, no matter how slightly, stay with it; repeat it to yourself over and over again allowing the words to wash over you, saturating you with meaningfulness. Hear Jesus saying the words to you and respond to him freely from your heart. Then after a set time, or when you are ready, allow the words to fade away and gently become aware of your surroundings and the people you are with.

### Luke 11: 9-13

*And I say to you: Ask and it will be given to you: seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened. Which of you fathers, if your son asks for fish, will give him a snake instead? Or if he asks for an egg, will you give him a scorpion? If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him.*

## Imaginative Prayer

Read the following passage through two or three times until you are really familiar with it. Then, sit comfortably but remain alert and closing your eyes allow the scene to unfold before you in your imagination. Allow yourself to become a part of the action, either as someone in the passage or as yourself. Watch what is happening, hear what is said, see what everyone looks like as Jesus approaches. See Jesus coming along the road; how do you feel as he approaches? Hear his words, 'What do you want me to do for you?' Reply to his question from the feelings within your own heart, spend time with him talking and listening. Then, after a set time or when you are ready, allow the scene to gently fade away and bring yourself back to the awareness of your surroundings and the people you are with.

### **Mark 10:46-52**

*Then they came to Jericho. As Jesus and his disciples, together with a large crowd, were leaving the city, a blind man, Bartimaeus, was sitting by the roadside begging. When he heard that it was Jesus of Nazareth, he began to shout, "Jesus, Son of David, have mercy on me!" Jesus stopped and said, "Call him". So they called to the blind man, "Cheer up! On your feet! He is calling you." Throwing his cloak aside he jumped to his feet and came to Jesus. "What do you want me to do for you?" Jesus asked him. The blind man said, "Rabbi, I want to see" "Go, said Jesus, "Your faith has healed you." Immediately he received his sight and followed Jesus along the road.*

### **Using the Psalms**

The Psalms are a very rich resource, tested and tried in many situations. Most people have their favourite quotations, which they call to mind as appropriate. As well as providing words of comfort

and encouragement, the Psalms show us the way to bring all our feelings to God. The Psalms give us words to express our joy and trust, they also give us words for when we are angry or in despair. They offer us a model of setting alongside the problems and difficulties of life, a statement about God. They do not ask us to resolve our problem by saying that everything is going to be all right, they ask us to hold the two in tension, and wait.

You might like to write your own Psalm or draw what you feel. We are sometimes surprised by the violence of our feelings, but there is nothing about us that God does not already know, and God holds us in love whatever we feel.



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