



Meeting Jesus: A Guided Meditation

Begin with the Sign of the Cross.

God made each of us, including our imaginations. Today we will use our imaginations to experience a guided meditation. Remember, Jesus said, "Seek, and you will find." If we seek Jesus and offer him our imaginations, we can sometimes meet him and spend time with him in a way that helps us understand how he wants us to live. Let's try it and see!

Close your eyes and relax. . . . Listen to your breathing. . . . Don't change it, just listen to it. . . . As you inhale, breathe in all the love God has for you. . . . As you exhale, feel all your distractions leave . . . any aches and pains . . . any worries . . . any distractions at all. Try to feel your heart beating . . . the heart God created for you. . . . *[pause]*

Now picture, right before you, a large door, standing all alone. . . . *[pause]*

Go to the door, push it open, and walk through. . . . You find yourself in a beautiful garden. . . . Take a moment to look around . . . feel the grass beneath your feet . . . smell the flowers . . . listen to the birds. . . . Enjoy! *[pause]*

In the distance you see a stream winding through the garden. . . . There is a shade tree next to the stream, and a bench beneath the tree. . . . Jesus is there, waiting for you. . . . He smiles, and calls you by name. . . . Go to him. . . . *[pause]*

Jesus takes you into his arms with a warm hug. . . . "I'm so glad you came," he says. . . . "Come, let's sit down and be together for awhile. . . ." So you sit on the bench and enjoy each other's company. . . . *[pause]* Think about what Jesus is like. . . .

Jesus takes you by the hand and says, "I have been with you always, through times of joy, and times of sadness." *[pause]* Then Jesus shows you moments in your life, beginning when you were very young. . . . He shows you how he was there, sharing each moment with you. . . . *[pause]* What does Jesus show you? . . . How do you feel? . . . *[pause]*

Then Jesus says, "At your Baptism, you became a child of God the Father and a member of the Body of Christ. Through the Holy Spirit, I will be with you forever, during the good times and the difficult times. . . . *[pause]*

Jesus points out the stream, and invites you to go into the water to renew yourself as you call to mind your Baptism. . . . *[pause]* Together you go, hand in hand. . . . To your surprise the water is warm and life-giving. . . . With great joy Jesus gently dips you into the water. . . . Think about what it feels like. . . . *[pause]*

As you stand in the stream with Jesus, you hear invisible voices cheering and clapping. Jesus laughs and says: "You hear our family, the Church, greeting you! They are the family and friends you meet every day and all those in Heaven and around the world who pray for you each time the Eucharist is celebrated."

The sound fades, and you and Jesus return to the bench. . . . As you leave the water, you become completely dry, and your heart fills with God's peace. . . . As you sit beside Jesus . . . you realize you can tell him anything. . . . What do you tell Jesus? . . . How does he respond? . . . *[pause]*

Jesus then tells you it is time to go . . . but first he has something for you . . . something that will unite you closer with him and with all your brothers and sisters in the Church. . . . He takes from his cloak a small loaf of bread. . . . He blesses it, . . . breaks it, . . . and says, "This is my Body," . . . "take and eat." Together you share the meal. . . . *[pause]*

Now you both stand up to go. . . . He invites you to return anytime and says he will be waiting. . . . He tells you he will be with you throughout your journey. . . . You will sense his presence in the people and events of your daily life. . . . You will be able to hear his voice in the Bible and find his love in the Sacraments. . . . Then Jesus says, "I look forward to being with you in the Eucharist." He takes you into his arms for a farewell hug. *[pause]*

You turn to go, and you see the door is still standing open. . . . As you walk up to it, you take one last look at Jesus and remember that you can return at any time. . . . You go through the door, closing it behind you . . . and find yourself back here in this room. . . . Slowly you wiggle your fingers and toes . . . stretch your arms and legs . . . and, when you are ready, open your eyes.

Close with the Sign of the Cross.

