

# Guided Meditation

## Mark 7:32-37

### Create a quiet atmosphere for meditation:

Make sure students are in a quiet place and are comfortable. If possible have a picture or a symbol to focus the prayer. Begin by asking for God's help:

Loving God, you call me to love you. Help me to listen to your Word with an open heart and an open mind.

### Read the Scripture: Mark 7:31-37 reflectively.

#### 1. Imagine you are the deaf man healed by Jesus:

(Read the Scripture again if needed)

Who are the people who bring you to Jesus?

What does Jesus say to you?

What would you like to say to Jesus?

How do you feel?

How would you thank Jesus?

#### 2. Imagine you are with Jesus in the Scripture:

(Read the Scripture again)

What would I ask Jesus to heal for me?

What kinds of things do I need in my life?

How do I show that I am grateful for my health?

#### 3. Imagine you are Jesus in the story:

(Read the Scripture again)

Was there someone who needed my help? How did I respond?

How do I care for the 'sick' people in my community?

Do I act kindly towards others?

***Pause for a while to allow God's Spirit to speak to you.***

***Ask God to give you courage to care for those who are sick in body, mind or spirit and for strength to grow as a follower of Jesus.***

(Adapted from: KWL, Teaching Companion, 3b, p133)