

Guided Prayer Meditation: Seeing His Face, Hearing His Voice

I'm inviting you to step into the expansive space of Jesus.

Slow down. If it's helpful, close your eyes, but you don't need to.

Slowly, clench your hands. Take a moment. Consider all that brings you stress.

Release your hands. Release your stress to God, embracing his grace.

Clench again. This time as you release, relinquish your need for control, to God.

Clench again. This final time, relinquish your greed, your need to protect what is yours, and embrace generosity in every way.

On christ the solid rock I stand. All other ground is sinking sand. Imagine a rock. Feel your feet secure on the hard surface beneath you.

But imagine standing on that rock, and actually **seeing Jesus face to face**. This can be very difficult for some, so allow some grace... How is Jesus looking at you?

Is it with deep love and compassion? Full of grace? Imagine Jesus understanding what is in your heart and mind right now. The struggles. The fear. The frustrations. The weakness.

As your mind wanders, embrace it and offer those things to Jesus in front of you. How does he receive each thought that interrupts?

Imagine Jesus standing before you, asking the same question he asked the blind man in Mark 10... **“What do you want me to do for you?”**

We often speak of doing things for Jesus. But today, let Jesus ask you what he can do for you.

Breathe deeply. Allow space to hear what words Jesus might speak to you.

How often I have wanted to gather your children together as a hen protects her chicks beneath her wings, but you wouldn't let me. (Matthew 23:37)

“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Matthew 28:11

Looking at the man, Jesus felt genuine love for him. (Mark 10:21)

Do not let your hearts be troubled. Trust in God. Trust also in me. (John 14:1)

Father, I want those you have given me to be with me where I am, and to see my glory, the glory you have given me because you loved me before the creation of the world. (John 17:24)

I have told you these things so that in me you may have peace. (Jn 16:33)

Look ahead in your mind to the week. Imagine the challenges that it may hold. Imagine Jesus speaking into each one of those moments. Over and over again. What is Jesus saying?

Let your body relax, knowing that you do not need to control outcomes, because you are redeemed and a beloved child of God.

Breathe deeply once again, as you began. Look ahead one more time into the week. Notice Jesus walk toward the week ahead, full of peace and purpose.
Hear his voice- gentle but strong, speaking

Come, and follow me.
Come, and follow me.
Come, and follow me.

Take a step forward, but still behind Jesus, as you approach the week fully aware of the presence and power of God with you.

Amen.

Emerge from this space slowly and with gratitude.