

Holy Ground

Meditation For Youth

Meditation Theme:

Finding God in Our Lives

Scripture Focus:

Exodus 3: 1 -6

Preparation For the Meditation:

Discussion on the above text - how and where we recognize God in our lives; where we find God is made holy and sacred by God's Presence there.

Sacred Space:

Candle and Word of God opened at text

Burning Incense: Preferably use the traditional incense, thurible and charcoal from the Church - show it to the group and discuss how we use it in our faith tradition. Try to highlight the incense rising by positioning the candle so that its light catches the incense. (Be aware of those who suffer from asthma - open a window to release the build up of incense - have them lie near the ventilation of the window or the door)

Song During the Meditation: Holy Ground (Holy Ground)

Meditation:

Having attended to the preparation of this quiet time and meditation, when the group is settled and still, gradually bring up the quiet reflective music to a suitable level. Invite them to let the music take them to a place where they most want to be, a special place where they can be alone... a place that has real significance for them... it may be some place of beauty... it may be an ordinary place...it may be some place in their home... their bedroom... or a place in the garden...it may be a place they went to when they were children... wherever their special place is invite them to go there now... Give them time with this and then ask them to become aware of what they are feeling in this special place... what they sense there ...Invite them to imagine God in that place...is it difficult for them to imagine God there...if so why... if not, then what is it they sense of God in this special place... Leave them in this open space for some time and when you feel it is appropriate, fade down the background music and play the mantra, ***Holy Ground***. When this mantra finishes, and you sense the time is right, bring the meditation to closure.

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