

## The Depths Of God



### The Feast of the Trinity Meditation & Ritual For Youth

**Scripture Focus:** Proverbs 8:22-31

**Sacred Space:** Multi coloured cloths draped creatively, 3 white candles, a large healthy pot plant, a water fountain or large glass bowl of water, burning incense, the scriptures open at the text.

**Preparation for the Meditation:** Read and discuss the scripture with the students.

**Meditation:** Prepare the group for the meditation (See notes on Meditation Page on this site). When all are settled, play the *vocal version* of the mantra, ***Shekinah (Monica Brown – Quiet My Soul)***. When this mantra ends pause a minute or two and read the following poem.

**‘Touching Earth, Touching God’**

Ego Rising

Inflated by the hot air of my illusions,

Time to ground myself

Deep in the earth of your heart

At the heart of my own true self

Touching the life in all things and everyone.

[Noel Davis, *Heart Gone Walkabout*, page 120- Shekinah Creative Centre, Thornleigh]

Gradually bring up the *instrumental version* of the mantra, *Shekinah* and after a few minutes fade it down and out. Bring the meditation to closure (See notes on Meditation Page on this site).

**Ritual Response:** Guide the students in drawing their personal mandala or whatever they choose in response to how they are feeling in this sacred space. Invite them as they finish to reverently place their mandalas around the sacred space. (Play the *instrumental version* of the mantra, *Shekinah*).

**Final Prayer and Blessing:**

**God of Life and Love, You have known each of us and delighted in each of us since before the beginning of time. Bless us with the gift of playfulness as we delight in your presence, in creation and in each other. Amen.**

**Final Song:** ***Surely God is a Lover*** (Jimmy Little, contemporary Aboriginal artist, Passage; The Jimmy Little double CD anthology).

*Please note: The music suggested in this resource is from Australian hymn books and other international publications. You may prefer to substitute some of the music with suitable music from Irish composers and publications.*

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