



Pentecost themed meditation script

To be read slowly and with a relaxed voice

Let us start this prayer in the name of the Father, and of the Son and of the Holy Spirit. Amen.

Close your eyes and begin to focus on your breathing.

Slowly breathe in through your nose and count for six seconds.

(Pause)

Slowly breathe out through you nose, again for six seconds.

(Pause)

As we continue this reflection, I invite you continue to focus on your breathing, keeping it slow and steady throughout.

To begin, I invite you to imagine floating in darkness. Imagine a vast dark space surrounding you and, when you next breathe in, raise large walls around you with one small door.

Over the next couple of moments, I invite you to imagine your present struggles/fears/anxieties about life and being a Catholic and, every time you exhale, place one of these fears outside of the walls. As you continue to do this, start to think about at the core of these fears, what is motivating them?

(Pause)

How does reflecting on your own struggles and fears make you feel? As the disciples hid in the upper room, they were consumed by fear of the future and used physical walls to guard themselves against those who hated them. Do you have walls you use to keep fears at bay? What tactics do you employ to not face your fears? Does using them help you or do you find they are only a short fix?

(Pause)

Though scared, the disciples came together to support one another. Who in your life supports you during you hard times? Who can you turn to when you need help? Each time you inhale, place these people into the room you have creating, imaging each of these people there individually.

(Pause)

The gifts of the Holy Spirit finally gave the disciples the grace and blessings they needed to leave the room and conquer their fears. When you reflect on what you are anxious about, and what holds you back from fully living your faith and life, what quality do you need from the spirit to counter this?

(Pause)

As and when you have identified what graces you need from the Spirit, start to use your breathing as an offering and requesting prayer. When you exhale, offer up to God what is troubling you or holding you back. Give these over into God's power and as you exhale, let go of your worry about it.

As you inhale, ask the Spirit to fill you with the grace you need to overcome what you've just offered up. To help with focusing the mind on the prayer, visualise a fire burning above your head and imagine a wind whipping around you. As you breathe out, imagine your challenges leaving you like a black smoke coming out of your nose and being utterly dispersed by the wind as it flows round you. When you next inhale, imagine breathing in the Spirit in the form of wind and imagine that Spirit then fully filling you with golden light and the graces you need.

I invite you now to continue praying like this for the next couple of minutes. Offering up your concerns as you exhale and inviting the spirit to fill you and grant you grace with your inhalation.

(Pause for several minutes of silent prayer)

(Once you are ready to end the prayer) Now, in your own time I invite you to focus back on the walls you erected earlier. Like the apostles, once we are filled with the spirit we no longer need these in our life, so just like them, once you have spent enough time in the room, imagine the door from earlier. Open the door and imagine a bright light outside. Step into this light and in your own time I invite you to sit up, stretch and come back to the room.

(When everyone is sitting back up) We end this prayer in the name of the Father, and of the Son, and of the Holy Spirit. Amen.