



Guided Meditation on Pentecost

Based on the Acts of the Apostles 2:1-9

Tongues of fire appeared and parted and came to rest on each of them.

Still your body... put your feet firmly on the floor...place your hands on your lap... as you listen to the music feel your breath coming in and out **and in...** and out...and in...and out...and in and out...Free your mind of all thoughts and distractions...put aside those thoughts which may be worrying you... imagine you are in the upper room with the disciples ... imagine how this place looks...what scents are you getting...what are you hearing...while you sit there... ..who else is there with you ...are they... sad...inadequate...frightened... worried for the future and what will become of them... do they feel that they have let Jesus down... listen to what the people around you are saying... how are you feeling as you sit there... then you **hear** a loud noise...like a strong wind blowing through the whole house... you are now very afraid... the wind stops... and there is a great sense of calm... the others are looking around in wonder... wondering at what will happen next... then you feel the presence of the spirit on you... and in you...how do you feel...energised...full of hope... full of awe for the might of God...you are filled with renewed vigour... you now have the courage to be a true witness of the message which Jesus gave us...how are you going to be a true witness.... What can you do each day to bring the **good news** to those around you...how can you be an embodiment of the love of God... bit by bit the room empties out... finally you are there on your own... with your own thoughts... Again feel your breath coming in....and out... and in....and out...and in... and out... feel yourself coming back into the presence of the room that you are in...listen to the sounds in the room around you... listen the sounds outside... and when you are ready....open your eyes....