

Imagine Change

(Mark 1:16-18)

A Guided Meditation

By Michael Sciretti, Jr.

[*] – indicates a pause (each * indicates one breath in and out)

We are now entering into a time of “Holy Imagination” or guided prayer. The aim of this prayer experience is to encounter Christ in a fresh way by imagining an interaction you might have with Jesus. In this meditation imagine you have just finished a long night of fishing with some friends when you run into a small crowd listening to Jesus. Allow this to be an opportunity for you to watch Jesus and learn from him. Now...

Sit up straight in your chair and place your feet flat on the floor. Rest your hands comfortably in your lap and close your eyes. In a moment, I will ask you to take three deep breaths. With each breath in, you will feel yourself becoming alert and open to God. With each breath out, you will feel yourself relaxing and releasing any tension in your body. Now take three deep breaths. *[Leader takes three slow breaths, making them audible.]*

Imagine...

You are standing knee deep in a beautiful lake. It is morning. Your friends are bringing your fishing boat to the shore. How many are there? [*] What do they look like? [***]

You notice the birds flying over the lake. You hear the sound of the lake splashing against the shore. What else do you see? [*] What else do you hear? [*] What do you smell? [***]

You notice a man walking along the shoreline with a small group of people. You have seen him before. He is Jesus. What does he look like? [***]

As Jesus and the small group draw closer to you, you begin to overhear their conversation. You hear him say, “Listen closely! The kingdom of God is here - Now. Change your thinking and have faith in this good news.” What does the kingdom of God mean to you? [***] How is it here, right Now? [***]

The people with Jesus seem a little confused. But he does not become impatient. You become more curious about Jesus and what he’s saying. You move closer to Jesus, but just outside the small group. [*] Jesus notices your approach. [*] Now you hear Jesus tell the group and you, “Listen closely! The kingdom of God is here - Now. Change your thinking and have faith in this good news.” Why is this good news? [***] What prevents you from experiencing it? [***] What thoughts do you need to change to begin living this good news out? [***]

Jesus then draws nearer to one of your friends and says something to them. You get closer so you can better hear. You are now part of the small group. Jesus then turns around to you and looks you in the eyes. Look at Jesus’ expression. [*] How does it make you feel? [***]

Jesus then calls you by name. [*] And says, “Follow me.” [*]

Jesus continues to walk along the shoreline. Some people do not follow him. But you notice others slowly falling in behind him. What do you do? [*] Do you follow Jesus? [***]

It is time to let your mind find its way back to this place. What do you want to remember from your time with Jesus? Gently re-enter this space. Open your eyes. Remember.

Reflection Questions:

How can you be the change you want to see in your world?

With God’s help, what do you need to change about yourself?

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