

Meditation Guide

WHEREVER YOU ARE, & WHATEVER YOU ARE DOING, GOD IS WITH YOU

This Rise Meditation Guide offers a simple way to pause, rest & retreat in the midst of daily life. Come, ready to meet the Creator God in the depths of your inner being.

BEGIN WITH YOUR BREATH. TAKE ALL THE TIME YOU NEED BEFORE MOVING ON TO THE NEXT STATION

Breath

NOTICE the air going in & out of your body.
INVITE deep breath, expanding the open space within you.
REMEMBER the unforced rhythms of grace.
Matthew 11.28-30

Body

NOTICE all of your body from your head to your toes.
INVITE ease, letting go of tension.
REMEMBER your sacred presence.
1 Corinthians 6:19

Return

When you are ready, breathe deeply, and let it out with a sigh. Return, knowing that the great I AM is with you, wherever you go.

Mind

NOTICE the things that are calling your attention away.
INVITE stillness, giving permission to simply be.
REMEMBER the grace that is here.
Psalm 46:10

Respond

See what arises as you allow yourself to respond to God's presence. Perhaps a prayer, a song, an intention, a dance, a creation.
Perhaps simply stillness.

Spirit

NOTICE how you're experiencing the presence of God.
INVITE the Spirit, opening your awareness of I AM.
REMEMBER the One who made you, knows you & loves you, is here.
John 14:20

Receive

Here and now, in the stillness of this moment, open your hands, & receive what the Spirit is offering you. Receive whatever words, images, thoughts, or feelings that come to you.
Stay here as long as you want to.

Release

Here and now, in the stillness of this moment, open your hands & notice what you might want to let go of.
Release, hold lightly, let go, & let be.

