Section A: Heart Session 13: Meditation

Do a meditation on Scripture.

Simply

1. Explain what is going to happen - let people opt out if they want to

2. Set up the time in covering prayer

3. Play an extended piece of INSTRUMENTAL music - 6-8 minutes
   You can use anything - suggestions... Maybe
   Adagio for Strings by Samuel Barber
   Lark Ascending by Vaughan Williams
   Worship songs BUT instrumental
   You might need to fade out after 6-8 minutes if the piece you have chosen is too long.

4. As the music plays read a passage of Scripture and ask the Holy Spirit to help the folk see themselves in the story
   Suggestions - the Triumphal entry - Healing of Bartimaeus - Luke 8.40-56

5. Let the music fade and leave some silence at the end

6. After a few moments ask if anyone wants to share what they experienced -be affirming and see if they can tease out what the Lord is saying
   Some will see a lot, others a little BUT this is ALL VALID