

Harvest/Remembrance

green pastures meditation

AIM

To provide a meditation that can be used by individuals or groups

INTRODUCTION

Prepare people for meditation. Explain to them about sitting or lying comfortably.

Acknowledge it may be new to some but encourage them to just listen and let their thoughts follow the ideas read aloud. Explain that there will be some music played after the reading has finished and we can sit quietly for a while until the music fades.

GREEN PASTURES

Picture in your mind or bring back a memory of a hillside in summer with rich green grass growing all over it.

Perhaps there are wild flowers here and there and little splashes of colour peeping up at the sun.

There are probably some boulders and rocky areas that the grass does not cover.

The lichen and weathering on the rocks remind you how ancient they must be: the strength of the hillside is visible alongside its beauty.

It is a sunny day, but not too hot: the sky is bright blue and almost cloudless and the sun is warming and relaxing on your skin.

You can hear rustling and buzzing and birdsong

They remind you that life is abundant and thriving on this hillside.

You sit down and find the grass is thick, soft and warm.

You have climbed quite high and can see other hills, valleys and villages

But now its time to STOP, LISTEN AND WAIT.

Don't be in a hurry

Soak in the sun

Savour the quietness

Relax and enjoy the gentle breeze

Know that the Lord your God has brought you to this place:

don't question or argue;

don't think you are wasting time;

willingly obey his request knowing it will be good.

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So you STOP, LISTEN AND WAIT

And while you are resting on that warm sunny hillside you realise God not only brought you to this place, but also climbed with you and is sitting here with you now.

He is spending the quietness with you.

He is enjoying the stillness with you.

He is resting, enjoying your company and you are enjoying his.

He is a peaceful companion just now who encourages relaxation.

Look at him, and see him enjoying his creation -

remember that on the seventh day he rested -

He looked at all he had created and saw that it was good:

join in with God's enjoyment and peace.

Sense Gods pleasure and delight as you gaze about.

Breathe in and let his presence fill you until you share completely his love for his creation.

Worship the Lord your God and creator with all your being: be at one with him

As you STOP, LISTEN AND WAIT with him

Listen for God's breath

Wait for God's power

You know they are coming -

Linger on the hillside

For God has brought you here

WHAT TO DO NEXT

Put some quiet music on (no words)

Wait for a while and then gradually fade the music

Ask if anyone has anything they want to share about the meditation – any thoughts that struck them or ideas that occurred to them.

Wait quietly.

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Encourage them to follow up these and any other thoughts later, either at home or with others.

Suggest they may want to write some notes as a result of the meditation or perhaps to continue it at home. It may be helpful to read a Bible passage connected to the ideas raised for them - Psalm 23 or Genesis chapter 1 may be useful.

EVALUATION

Please try to answer these questions for yourself and for others who will use this material:

1. What was the most helpful thing?
2. What was the least helpful thing?
3. What would you like to try now?

THE NEXT STEP

If you want more seasonal items please revisit the website.

Acknowledgements

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HOW TO FEEDBACK TO VISION4LIFE?

If you wish to offer any feedback – brickbats and bouquets are equally welcome! – you can do so in various ways.

You can email the Vision4Life steering group about general or website V4L issues via the website or at admin@vision4life.org.uk

If you have comments and particularly contributions to the prayer year, you can email the V4L prayer year coordinator via prayer@vision4life.org.uk

If you want to make contributions or ask questions about other V4L years you can email:

Year 3 – Transformed for Evangelism: evangelism@vision4life.org.uk