

MEDITATION WITH PSALM 46

Find a comfortable place where you can relax your muscles.

Gently rest your hands in your lap.

Close your eyes if it would help you eliminate distractions.

Begin by taking a full, deep breath.

Then, exhale fully.

Repeat: in and out . . . in . . . and out . . .

As you inhale, imagine that you are breathing the Holy Spirit,
filling your lungs with the very presence of God.

As you exhale, breathe out your anxieties, worries, fears, and frustrations.

Let your muscles relax.

When you feel settled, repeat verse 10 in your head or by speaking out loud.

Hear the words as if God were speaking each word and syllable to you.

Be still and know that I am God . . .

Pause.

Be still and know that I am . . .

Pause.

Be still and know . . .

Pause.

Be still . . .

Pause.

Be . . .

Pause.

Go slowly as you begin moving, open your eyes, and end this exercise.