

# Guided Meditation using the King of Hearts cards

On the back of each playing card contained in the resource pack there is a bible passage that relates to the statement on the front. This meditation is adapted from a form of centering prayer.

## SETTLING THE GROUP DOWN

Help the students to settle down and get ready for a time of quiet prayer. You may want to display the cards on a focal point as you introduce this time of reflection and prayer. In some way distribute the cards so that everyone has one to focus on during the time of prayer.

## THE MEDITATION

Invite the students to turn over the card and read the title and then to read the quote to see how it relates to the title. Once they have done this ask the students to focus on a word that strikes them, invite them to close their eyes and recall this word in their mind every time they breathe in. When they breathe out ask them to give their concerns to God and focus only on the word they have chosen. Invite them to drift into a place beyond words to encounter Christ through the power of the Holy Spirit. If they find themselves being distracted, encourage them to go back to thinking of their word every time they breathe in.

There are a number of ways in which you can finish this form of prayer, from using a set prayer such as the GLORY BE to praying a spontaneous prayer.

## FEEDBACK

It may be encouraging for the students to share their experience of their prayer with each other and you once the prayer time is finished. Creating a safe environment, in which everyone knows they will not be judged or put down in any way is a vital component of this part of the experience.