

Session 2: Touched by Mercy (60 min.)

Agents of Mercy Retreat

Mercy Guided Meditation

Get comfortable and close your eyes
Take a deep breath In, . . . and out
In, . . . and out
Feel yourself calm down
Let your thoughts slow down
Focus on your natural rhythm of breathing

Imagine yourself in your bedroom with your door closed
Picture your room and all that is around you (pause)

You start to become aware of things in your life that make you feel trapped.
Attachments to things, being caught up in sinful acts, having a negative attitude
What one thing makes you feel most trapped or bound up?
Sit with this thing and feel it's control over you (pause)

Now imagine yourself in a classroom (pause)
Someone announces to the whole class the secret sin that you have been hiding
The whole class begins to make fun of you, some mutter nasty things under their breath, others glare
You feel ashamed and ridiculed as you shrink lower into your chair.
Suddenly, the door opens and shock comes over the faces of your classmates as Jesus enters the room
He looks sternly at the group and asks your classmates if they have sinned
Everyone is silent, they turn and look away from you.

Jesus moves through the room as your classmates disperse.
You lock eyes with him as he approaches you.
He speaks directly to you saying, "I've have given my life for you. See my wounds. Look at what I have given up for you"
"I want you to be free from your attachment. I want you to be at peace and truly happy"
"Go forth, remain in my love and sin no more"

A sense of calm washes over you and you feel great peace and love
You realize that you have just experienced God's mercy
As the feeling of peace lingers, you desire to change your life and share God's mercy with others.

When you are ready to come back, open your eyes.