

Session 2: Touched by Mercy (60 min.)
Agents of Mercy Retreat
Mercy Guided Meditation for Middle School

Move students so that they are not touching each other. If impossible then have them sit with their hands palm up on their knees. Begin the meditation pausing at each ...

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

Imagine yourself walking toward home on a busy street. It's a beautiful, bright day. The air is clean, with just a hint of a breeze.....

What do you see around you?

You've walked this street before many times, but it seems especially busy today. As you make your way toward home, you notice a huge crowd up ahead. You stand back and look at all the people.....

Do you recognize anyone?

As you get close, you hear a lot of commotion. What do you hear?

You ask someone what is going on. The person tells you that someone famous is in town. He forgot the person's name, though. No one knew he was coming. He just showed up today. Everyone is trying to get a glimpse of this person, including you.....

You can't see through the crowd, there are so many people.....

Finally, you hear somebody say, "It is Jesus." Now you really want a glimpse of him. You notice a fence nearby. You know that if you can climb to the top of the fence, you can see into the middle of the crowd. So you make your way toward the fence and climb....

Finally you are at height where you can see Jesus. What does he look like?

Does he look like you expected him to look?

Suddenly Jesus looks up – straight at you. He calls you by name and tells you that he's been waiting for you. He moves through the crowd to stand in front of you...

Now you're face to face with Jesus. How do you feel...

Jesus says to you, "I'm coming to your house for dinner tonight. And I need to stay there for the night too. Is that okay?"

What do you say to him?

Then he says, "I love you completely, just as you are. I know you are not perfect. I know you struggle to do the right thing. I know you make mistakes. I love you." How do you feel...

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.