

# Summer season

## meditation for summer

### AIM

Here is a meditation on Matthew 14:22-33 that you might like to use at a summer event.

### INTRODUCTION

"Today's Bible reading is Matthew's description of Jesus walking on the water at Galilee. After the passage has been read, I will then lead us through the story a second time, inviting you to imagine that we had been there. People often find that an imaginative meditation like this can be very helpful. It will take about five minutes or so.

*(The bible passage, Matthew 14:22-33, is now read through once, at a normal speed.)*

### PREPARATION FOR THE MEDITATION

"You may like to get ready for the meditation by:

- Sitting upright but comfortably...
- Closing your eyes (or perhaps look at a cross or a candle)...
- Relax your whole body: your legs... stomach... arms & shoulders... face.
- Breathe normally, and notice the rhythm of your in-breathing and out-breathing.
- Each time you breathe out, in your mind silently say: 'Father-God' or 'Mother-Father'.

Depending on how familiar people are with guided meditation you may need to expand these preliminary points. Remember not to rush.

### THE IMAGINATIVE MEDITATION

Take your time to read or retell this....

We will now listen to the story again, and this time try to imagine that you are there, watching what is happening.

"The story begins on the rolling, grassy hills near the Sea of Galilee in Israel. Perhaps you can imagine a warm sunny day, with a gentle breeze coming off the Sea..... It's quite hazy, but across the water you can just make out the hills on the other side of the lake, several miles away.....

"Not far away from you there are lots of people, sitting on a grassy slope. Perhaps you can imagine them: women and men, some children too. They have been listening to Jesus, but it's now late afternoon so they are getting ready to go back to their homes...

"Jesus is standing among the crowd, but he's talking to his close friends. Perhaps they are discussing how many miles some of the people will have to walk before they get home... ..

"Several of Jesus' friends are fishermen, and one of them had used his small boat to bring Jesus over to this side of the lake.

# Summer season

## meditation for summer

Read v. 22 - "Imagine the disciples getting into the boat..... sorting out the oars..... pulling up the sail..... starting to head out across the lake... .."

Read v. 23 - "It's starting to get dark, and Jesus is walking along the beach... .."

Imagine him looking right out to sea, trying to spot his friends in the boat.....

Read v. 24 - "Imagine the disciples struggling with the sail..... finding it hard to use the oars as the boat rolls

in the waves..... The wind seems to be getting stronger.....

and water is starting to splash into the boat.....

Read v. 25-26 - "Can you see the fear on the disciples' faces?... .."

Read v. 27 - "Imagine how their faces are full of amazement and relief....."

Can you imagine what the disciples might be saying to each other?.....

Read v. 28-9 - "Watch as Peter climbs out of the boat, and finds that he can walk on the water .....

Imagine Peter's feelings now... .. What is Peter saying to Jesus?... .."

Read v. 30, (and then allow a little extra time for people to reflect here and after verses 31-32 – perhaps being in touch with their own times of 'sinking' and being upheld.)

- "Watch, as Peter starts to sink into the waves....."

What does Peter feel now?... .. Listen as Peter calls out to Jesus... .."

Read v. 31-2 - "Safely back in the boat, how is Peter feeling now?... What is he saying to Jesus?..."

Read v.33

After a pause invite people to come back into the quiet space that has been created.

### Afterwards

Encourage people to recall how they felt during the meditation but do not put pressure on people who would rather not say anything in the group. Some may prefer to share their experiences individually later.

"As you imagined this story, were there any feelings that came to you rather unexpectedly? Did you experience any negative feelings, like anxiety or sadness? Or perhaps your mind went blank at some point.

Each of these is a quite common reaction, so you do not need to worry about it. But it might be helpful prayerfully to think over your reaction, asking for the Spirit's understanding and insight. You may also find it helpful to use the same meditation again tomorrow or the day after, asking Jesus to show you if there are any new things that he wants you to see here."

Have copies of the mediation available for people to take away with them.

# Summer season

## meditation for summer

### Prayer

Lord, you know that sometimes I feel as if I'm battling against wind and waves. Sometimes I feel as if I'm almost overwhelmed and sinking. Thank you that you are always with me, to hold me up and get me through. Give me strength and confidence, Jesus my Friend, my Saviour, my God. Amen.

**Suggested hymn: R&S 301**      *Holy Spirit, truth divine* (especially v.4)

You might like to sing this to close your session.

### 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 ideas please revisit the website. Remember that prayer year material is also still available under the prayer year part of the website.

### Acknowledgements

This material has been prepared by David Vincent of Dunmow URC, Essex, who has given permission for it to be used in the Vision4life process.

### 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 and the coordinator about general issues via the website or at [admin@vision4life.org.uk](mailto:admin@vision4life.org.uk)

Website issues can be dealt with through [web@vision4life.org.uk](mailto:web@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](mailto:evangelism@vision4life.org.uk)