



Mountaintop Meditation

Find a special place to be still and close your eyes.

Imagine that Jesus begins speaking quietly to you.

Jesus asks you...

Who is God for you?

What is God like?

Jesus explains that, for him, God is like a father, a loving, caring father.

Jesus invites you to sit quietly at peace with God.

Jesus wants you to know that you are God's own child.

Take a few moments and rest quietly in the arms of God who loves you.

Be at peace with God.

When you are ready, come back with the presence of God and know that you are not alone.