



Week 7 Meditative Practice “Practicing Resurrection Love”

Reverend Emily Meyer, Director of *The Ministry Lab*, invites you to wonder through breathing and contemplation. Please note, this content is also available as an audio recording on the website: www.uccmn.org.

3 Wondering Questions

- *What are the doubts I have about faith and resurrection? Who can I go to and how can I talk about these doubts?*
- *How can I reimagine my faith that allows for doubt AND trust?*
- *How does faith in God’s love resurrect in me a desire to act for change in the world?*

Tips:

- You may listen (audio file on www.uccmn.org, or read text included here).
- Non-judgmentalism is key: This is called a “practice” because it is never “perfect”.
- This practice contains two moments of silence introduced by the phrase, “Continue to breathe...” Recorded silences last one minute. You can lengthen this time by pushing pause; push play when you are ready to continue.
- And, don’t be afraid to stretch the silences: extended time deepens our connection with the Divine and develops patience, compassion, & attention spans!
- This practice concludes with an invitation to journal and reflect. Both are highly beneficial. You may want to have paper and writing/drawing materials handy.
- If circumstances prevent all forms of reflection, please be kind to yourself and others by moving slowly from the practice back into “normal” life: the jump from silence to normal-volume life can be jarring.
- Take your time. Breathe. And be...

Preparation

The audio file does not include these preparations.

NOTE: *This practice can be engaged either inside or outside. If the out-of-doors are accessible, this may provide the richest experience. However, inside will do just fine.*

Work out the Wiggles: Do a squiggly dance, air-hula hoop, or simple jumping jacks to work out the kinks and sitting of the day.

Stretch: When you’re ready, stretch high to the sky, then flop to touch your toes/ankles/calves/the floor - whatever is accessible. Roll up slowly, roll the shoulders up and back and down, and bring this tall posture into your seated position.



Sit: Take a seat! Sit up tall, with both feet on the floor, knees above ankles, hips behind knees, shoulders over hips, hands resting in the lap, chin slightly tucked: tall, yet relaxed. Some participants may want to sit cross-legged on the floor. This is another great option!

Eyes: If you are comfortable doing so, close your eyes to help eliminate distractions and allow your focus to be within.

Meditation

Naming Our Intent

- ~ I invite you to take a deep breath in and let it out, slowly.
- ~ Take a deep breath in, and let it out, slowly.
- ~ Once more: take a deep breath in, and let it out, slowly.
- ~ Today we practice resurrection.

Resurrection means something that died has been brought back to life - but the New Life doesn't always look like the thing that died. In fact, resurrection usually means that a big change has happened; New Life is often a surprise - it is more beautiful or meaningful or wonderful than what it was before.

- ~ Today we practice resurrection.
- ~ Consider for a moment what resurrection means or feels or looks like, to you.

Take as long as you like - from 1-3 minutes or more.

Practice

Now I invite you to let your focus be on the out-of-doors: if you are outside, look all around you. If you are inside, look through a window to whatever you can see.

- ~ Notice what you see.
- ~ Pay attention to light and shadow...shapes and colors...textures and movement...
- ~ Consider where there is life in what you see.
- ~ Consider where there is death.

Wonder how in nature, death and life are a cycle: living plants drop their seeds, which die in the soil to become new flowers or trees; eggs lie dormant in a nest until they become new



birds; dead leaves rot on the ground to feed new shoots of grass; the caterpillar crawls into its chrysalis, turns into mush, and then emerges as a butterfly...

~ Breathe for a moment as you wonder how death leads to life; wonder, in your neighborhood or in the nature around you, where is death becoming New Life?

I invite you now to consider your home: pick any space you like: your bedroom, the kitchen, a living space. If you are in that space, look all around you; if you are not in that space, create an image of it in your mind.

~ Notice what you see.

~ Pay attention to light and shadow.....shapes and colors...textures and movement...

~ Consider where there is life in what you see.

~ Consider where there is death.

Wonder how, in your home, death and life create a cycle: the cycle of clean-dirty-clean; decorations that are put up, used up, then “buried” in storage to make room for new decorations; the change of light or sound as the sun shifts in the sky and snow melts from the roof; the cycles of death and life that are our food chains.

Breathe for a moment as you **wonder** how death leads to life; wonder, in your home or relationships, where is death becoming New Life?

~ I invite you now to close your eyes and focus within yourself. Look all around...

~ Notice what you see.

~ Pay attention to your heart and mind...

...your attitudes and entitlements...

...your thoughts and ideas...

...your hopes and dreams.

~ Consider where there is life in what you see.

~ Consider where there is death.

Wonder how within your self death and life create a cycle: how letting go of expectations can open you up to new possibilities; how food in the belly is broken down to give you life; how overcoming challenges leads to new strength and hope; how allowing your small self or your shadow parts to die makes room for the more true and wonderful you to emerge.

~ Breathe for a moment as you wonder how death leads to life; wonder where, within



you, death is becoming New Life.

Take as long as you like - from 1-3 minutes or more.

Rest

I invite you to wiggle your toes and fingers; gently roll your head or shoulders...Take a few deep breaths: in and out... And rest for a moment. *Take as long as you like - from 10-30 seconds or more.*

Reflect

Keeping all of your writing or drawing in one book gives you something to look back on. This can help you see where God has been in your life and in the world, and might help you notice God in new ways. It's a way to write or draw your own personal story of God.

Take a few moments to reflect on today's practice; then write or draw any feelings, thoughts, or words that seem helpful or important to you.

You might write your visions of New Life in your New Life Bingo Card: make them part of your Scavenger Hunt!

You might draw a picture of the three different visions we explored: the world outside, including nature and community; the world within your home; and the world within your self. Where might death be leading to New Life in these spaces? Draw where you see New Life springing up in these places.

Take as long as participants need to record their reflections in their journal.

Share

You might conclude your reflection by sharing from your drawing or writing. You might use Sharing Time to do the New Life Scavenger Hunt.

At the conclusion of sharing, you might discuss this week's Wondering Questions:

- *What are the doubts I have about faith and resurrection? Who can I go to and how can I talk about these doubts?*
- *How can I reimagine my faith that allows for doubt AND trust?*
- *How does faith in God's love resurrect in me a desire to act for change in the world?*

Bless

Thank you for taking this time to practice resurrection. A simple practice like this, every day, can develop tools of self-awareness, empathy, resilience, justice, faith, hope, and joy. I hope that you find this to be true. Blessed be.