



Guided Prayer Meditation

Find a comfortable position, gently close your eyes, and take a few deep breaths. Inhale deeply, exhale slowly. As you breathe, let go of any tension or stress.

Now, focus on the words of Psalm 46:10 – ‘Be still, and know that I am God.’ Repeat these words in your mind, allowing the truth behind them to resonate within you. Be still and embrace the presence of God in this moment.

Imagine yourself in a peaceful setting – it could be a quiet garden, a serene lake, or any place that brings a sense of calm. Picture the details vividly, appreciating the beauty around you.

As you remain in this tranquil space, reflect on a scripture or a moment from the Bible that brings comfort and peace. Perhaps visualize scenes like Jesus calming the storm or the tranquility of the Garden of Gethsemane.

Take a moment to express gratitude for the divine presence in your life. Thank God for this moment of stillness and reflection.

Now, in the silence of your heart, offer a prayer. Speak to God about your desires, and concerns, or simply sit in the quiet knowing that God is with you.

Slowly, become aware of your surroundings. When you’re ready, gently open your eyes. Carry this sense of peace and connection with you throughout your day.



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