

Wednesday Evening Service, April 1, 2020 – Reflection and Prayer Practice

Light Visualization

Pastor Amy Zalk Larson

In this time of COVID-19, I have been doing a meditation that's been helping me to be attentive and open to God's power at work within us.

This meditation is called a **Light Visualization** and it's a very helpful secular meditation technique. You visualize sunlight above your head washing over you and filling up your body from your toes all the way up your head. This visualization helps you to experience calm and peace even amidst storms like the one we're experiencing now.

I've been praying this meditation with a passage from Ephesians in my mind. A reading from Ephesians 3: 14-21 ...

For this reason, I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God. Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, for ever and ever. Amen

This passage is a prayer that we may be strengthened in our inner beings with power through the Spirit and that we may be filled with all the fullness of God.

As I pray this passage, I've visualized that sunlight above my head as the love and power of God. I've imagined it washing over me and filling me with all the fullness of God, strengthening me in my inner being. I've imagined it doing the same for you all dear people of God as I've prayed for you all in this week. That power and love of God is always there - above our heads, within us, all around us. This exercise just helps us to notice it and receive it and experience it.

Let's take just a moment together and I'll lead you through this prayer practice so that you might experience being filled with all the fullness of God and being strengthened in your inner being.

- Close your eyes and take a few deep breaths.
- Then let your breathing return to its normal rhythm.
- As you breathe in and out, remember the sunlight of God's love and power above your head.

- Imagine it washing over you, filling you with warmth and peace and light.
- Imagine it filling you up, starting with your toes, moving up your feet, moving up your legs, past your knees to your upper legs and hips, then into the upper half of your body through your stomach, your diaphragm, your chest, filling up your body while continuing to flow from above.
- Imagine that light flowing down your arms filling up your fingers, your hands, moving up to your wrists, your elbow, your shoulders, then continuing up your body filling up your neck, your face, your forehead and the top of your head.
- Then simply let your mind rest in this awareness that you are filled with the love, the power, the fullness of God. Amen.
- As you move through your day, when all you feel is a dark cloud over your head, you can take a moment to flash this image quickly.
- Just take a breath and remember the sunlight of God's love and power and imagine it filling you from the tips of your toes to the top of your head.
- Know that God's power is at work in you, that you are filled with all the fullness of God.

Amen