



Script for Guided meditation - see *Something from the Bible: Read and share in Discovering God Wow!* (Issue 120 July/August 2022)

Imagine you're nearing the top of a long, hard climb up a steep, grassy hill. You're hot and out of breath. You stop to look back at the view. The sun's shining and you can see for miles. You can even see the sea in the distance.

There are two others with you. Look at them. They're tired too, but they're laughing.

'Come on!' one of them shouts, 'We're nearly at the top!'

You turn and follow them slowly. You can see Jesus ahead of you waiting for you at the top.

Finally you're there. Jesus turns and laughs. He doesn't seem tired, just glad to be there with you all.

The sun's very bright and Jesus suddenly seems to be shining very dazzlingly. You lift your hand to shade your eyes and realise it's not the sun. The light is coming from Jesus himself. He seems to be talking.

He's with Elijah and Moses. Somehow you know that they are here to show that Jesus is the person all the prophets told us about — 'The one' — to be sent by God to save us all. You hear Peter say, 'It's good here. Let's stay.' You're not so sure. It's all a bit scary.

Is that another voice you hear? It's not frightening, but you're not sure how to feel. You hear the voice say, 'This is my Son. Listen to him.' You cover your eyes. Is this a dream?

When you look up again, there's no one there, just the three of you and Jesus, and the sun's shining again.

On your way down the mountain you realise this means that Jesus really is the Son of God. You turn to the others. You all begin to smile and laugh. Jesus is smiling too. You're glad to be his special friend.

You say goodbye and set off home, wondering what you're going to tell people.

When you're ready, open your eyes and sit up.

It's important to take time to share feelings and experiences at this point.