

### 3 Opening Prayer Meditation Examples

Let's take a minute to relax and settle into the quiet. Get comfortable in your seat. Become aware of your breathing. Take a deep breath in and let it out slowly. Feel God's peace fill you as you slowly inhale and allow the tension of your body and your mind to fall away as you slowly exhale. Allow yourself to slow down. Relax your neck. Relax your shoulders. Relax your arms. Relax your legs. Let the cares of the day leave your mind. Feel God's peace and presence pour over you and fill you. Allow His peace to settle your spirit. You are loved and our dear Lord is pleased to share this time with You now. He desires to make His home in your heart and to know you and be known by you.

Thank you, dear Lord, for bringing us together tonight. We ask that You bless our conversation as we share ideas and learn from each other this evening. We ask all this in Jesus' name. Amen.

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Let's begin in prayer. Get comfortable in your seat. Close your eyes. Relax your body. Relax your neck, your arms, your hands, your legs. Take a deep breath in and let it out slowly. Feel God's love and mercy wash over you as you let the concerns and worries of the day fall away. There are so many things vying for your attention, your time, your energy. Let the weight of your worries and commitments go. Set them at the Lord's feet and trust that He will be with you through every moment and will give you what you need. Feel God's peace calm your mind. Allow the warmth of God's presence to envelop you. Know He is with you always. Be still in His love. Know He is near. Ask Him to take your hand and guide you. Ask Him to be present in every moment of every day.

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Let's take a minute to relax and settle into the quiet. Get comfortable in your seat. Become aware of your breathing. Feel your lungs expand as you slowly inhale. As you exhale, feel the stress and worries of the day leave you. Let any tension leave your shoulders. Be still. Just be still. The world can be so loud. Let the quiet of the room wash over you and fill you with peace. Just be still for a moment allowing yourself to be with God.