

## John 9 Meditation

Begin by finding a comfortable place to sit where you will not be disturbed for at least 20 minutes. You will need a pen and paper of notebook/journal and a Bible.

### **Bible Reading**

Before you listen to the audio recording, read John 9:1-12.

### **Meditation**

Play the audio recording. It runs for 8 minutes 50 seconds, and contains pauses for reflection. If you want more reflection time at any point, pause the recording.

### **Reflection**

You are invited to write your responses to these questions.

- \* How did you feel when you imagined your life as a blind person? What feelings or longings were there?
- \* What was your initial reaction to Jesus' coming? How did you picture Jesus as a person?
- \* How did you respond to Jesus' touch? What did you sense? What did you feel?
- \* Tell us about your sight coming. Were you excited or afraid? What did you see?
- \* What did you say to Jesus afterwards? How did you feel?
- \* Focus again on your feelings at the start of the meditation when you were blind. What situation in your life at present comes closest to producing similar feelings in you? What causes these feelings?
- \* What is your image or experience of God in relation to this situation? Close or distant? Loving or fearful? How does this affect your prayer or lack of prayer about this situation?
- \* What would Jesus do for you in this present 'blindness'? What might be the consequences for your life?
- \* What will you give thanks for today?
- \* What will you pray for today – for yourself and for others.

*Lord Jesus Christ, you have made us your own.  
We have felt your healing touch,  
we know your liberating love,  
we are giddy with joy at seeing the colours of God's new commonwealth.  
Send us to bring the news of this freedom to your world.  
In the name of Christ. Amen.*

by Craig Mitchell