

Sarah Bessey's Prayers for Anxious Times adapted into a guided meditation for families by GodVenture.co.uk

Imagine yourself in your own personal sanctuary.

It can be anywhere you choose, somewhere you feel safe and loved,
Somewhere peaceful where you can meet with God.

Breathe deeply slowly in through your nose then gently out through your mouth.

Can you imagine yourself there?

Is it an indoor or an outdoor place?

What can you see?

Can you hear anything?

What smells are there?

Continue to breathe deeply slowly in through your nose then gently out through your mouth.

Now as you breathe in say: 'Your perfect love', and as you breathe out say: 'drives out all fear'.

Breathe in yourself and say the words together.

And again.

Your perfect love

.... drives out all fear.

Repeat this so you say the lines ten times in total.

Last one:

Your perfect love

.... drives out all fear.

Now imagine yourself getting up and leaving your sanctuary and slowly coming back.

God is still with you. His peace is with you.