

Transforming Lives

week of 24 February 2007

Meditation 1 - A thought in the mind of God

Take a stone, and hold it.

Hold it, let it warm in your hand.

Enclose it in your hand.

Feel its surface . . . rough or smooth?

Feel the shape of it with your fingers.

Does it have corners?

Does it have pieces broken off?

Is it rounded?

Get to know the shape of your stone.

Where did it come from . . . this stone?

Think about its history

Think of the stone's beginnings.

Many many years ago, before it was a stone,

The molten magma under the earth.

Fluid . . .

Not a stone yet – not a distinct entity, not born.

The stone's substance not yet formed.

Like your own beginning – a thought in the mind of God.

pause in silence and reflect

Meditation 2 - Birth

Take your stone, and hold it.

Feel the shape of your stone

Get to know the shape

Wonder how that passing thought in the mind of God came to become this stone.

How did that passing thought in the mind of God come to become you?

pause in silence

Think of the liquid rock deep underground . . .
the unbearable heat . . .
the irresistible pressure.

Did the magma ooze out of a crevice in the earth?

Did it erupt from a volcano?

Did it shower down, or flow down the sides?

Did it cool slowly?

Quickly?

In the end, there it was – a mass of stones and boulders.

Was your stone part of a large mass?

Or part of a smaller boulder?

And you . . . were you part of a large family, a small family? alone?

pause in silence and reflect

Transforming Lives

week of 2 March 2007

Meditation 3 - Early life – sharp edges

Take your stone, and hold it.

Newly formed, how long did it stay exposed to the elements before the water cut a path through the rock?

A trickle . . . a stream . . . a river . . .

Carrying stones down with it

Breaking rocks from the bank

One knocking against another

Larger rocks breaking into smaller ones

Small rocks breaking into pebbles

Pebbles breaking into smaller stones

Stones little bigger than your stone

One of them is your stone

Free, an individual stone

Light enough to be carried by the water

Sharp edges still

Rough surfaces and sharp corners

Remember when you were like that

pause in silence and reflect

Meditation 4 - Smoothing

Take your stone, and hold it.

Think of your stone rolling through the water

Light enough to be moved as part of a group of stones

Rubbing against each other

Knocking little pieces off each other

Smoothing the rough edges

Rubbing away the sharp corners

Smoothing, but keeping the shape the same

Feel your stone, think about how it came to be the way it is.

How did you come to be the way you are?

pause in silence and reflect

Transforming Lives

week of 9 March 2007

Meditation 5 - A stone to punish the guilty

Take your stone, and hold it.

You know it like a close friend now.

What is its history?

What has it been used for?

So many things can be done with stones:

It was a stone that was going to be thrown at the woman caught in adultery.

Was that your stone?

Was it your stone that was to be thrown to punish the guilty?

pause in silence

Jesus said – “Let him who is without sin be the first to throw a stone at her”

pause in silence

Your stone had sharp edges once.

It knew the woman’s sharp edges.

But now, the sharp edges have been worn away. Painfully.

And it was put down. By others with sharp edges of their own.

Because no one is without sin.

pause in silence and reflect

Meditation 6 - A stone to hurt the innocent

Take your stone, and hold it.

Was it your stone that was picked up to be thrown again?

This time at the holy man Stephen?

Was there no-one there to stay the people with the sharp edges?

No one to remind them?

Was that your stone?

Was that you?

pause in silence and reflect

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week of 16 March 2007

Meditation 7 - The chief cornerstone

Take your stone, and hold it.

Feel your stone, what a history it has had . . .

What a history you have had . . .

What shape is your stone?

Is it perfectly square, like a brick?

If it were larger would it be suitable for building with?

Or would it be discarded by the builder.

Unsuitable because it was the wrong shape.

Unsuitable because it had smooth edges

Unsuitable because it had rounded corners.

Jesus said 'The stone that the builders rejected has become the chief cornerstone'

pause in silence

What shape are you?

Sharp? Angular? Good building material?

or smooth, sharp corners knocked off,

the sort of shape that is reluctant to hurt,

the sort of shape that reveals God

the sort of shape that God chooses for the chief cornerstone?

pause in silence

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week of 23 March 2007

Meditation 8 - A stone to reveal God

Take your stone, and hold it.

There was another stone, once.

It had been rolled in front of a tomb.

And then, on the third day rolled away again.

It must have been smooth too, or it wouldn't roll.

It may have had edges and corners, but they too had been eroded by the weather.

And so there was nothing to stop it rolling away to reveal God's eternal life to the world.

Can we do that?

Do we do that?

How can we do that?

pause in silence and reflect