

Week #1 - Hungry for More

Spiritual Practice

This is a guided meditation based on the story of Bartimaeus. It is an invitation to find yourself in the story and allow the words of Jesus to speak to you personally. Allow yourself 10-15 minutes for this Spiritual Practice.

- Read Mark 10:46-52 slowly - take it in as you read it.
- Find a comfortable position that allows you to remain alert.
- Place your hands open on your lap, close your eyes, and breathe deeply.
- - Imagine yourself in the story of Bartimaeus.....
 - Sitting on the dusty road
 - Calling out to Jesus from the noisy crowd
 - Hearing voices trying to silence you
 - Being called by Jesus
 - Throwing off you cloak and running to Jesus

What words do you cry out? Who tries to silence you? What do you need to throw off in order to come to Jesus?
- Hearing Jesus ask you, "What do you want me to do for you?"

What do you say in response?
- Hearing Jesus' response to your request

What does Jesus say to you in response to your desire?
- If you haven't been able to name your desire, just stay with Jesus in that place and listen to what he has to say to you. If you have trouble getting in touch with your desire, it might help to begin with the statement "What I most need/want from you right now is" and then let your thoughts flow.
- Close your time with prayer. Ask God to:
 - Help you identify and name your spiritual hunger
 - Give you a greater sensitivity to the work of the Holy Spirit in your life, refining and clarifying your desire
 - Help you talk with another person about how you experienced this Spiritual Practice