

# Bubbles Prayer – (Centering/meditation)

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- ☺ Sit comfortably – shut eyes – be aware of sounds – be aware of breathing. (If distracted concentrate on your breathing)
  - ☺ Imagine
    - A spot above your head – pause
    - A spot below you – pause
    - A spot in front of you
    - A spot behind you
    - A spot outside your right elbow
    - A spot outside your left elbow
  - ☺ Keep these spots in mind
  - ☺ Join the spots with string or wire in your imagination
  - ☺ Keep this framework in mind – you can still look out or poke your finger through.
  - ☺ Now fill in the spaces with glass, fabric, wood or plastic.
  
  - ☺ You are now inside a bubble
  
  - ☺ Try now to imagine another spot - your own centre spot.  
Focus on that spot
  
  - You now have the option of staying at this stage for a few minutes of simple relaxation
- OR
- You can invite participants to be aware of God’s presence there at the centre of their being – they can rest in God’s presence and listen or speak to God.
  - ☺ At the end (Slowly)
    - Be aware of the bubble – take out the space fillers
    - Disconnect the spots
    - Rub the spot out
    - Be aware of breath and sounds
    - When ready open eyes, and you’re back again

## BUBBLES PRAYER 2

Give each participant a bottle of bubbles and encourage students to find different ways of making bubbles. Challenge them to discover what bubbles can tell us about God and/or God’s creation. ‘Bubbles are like God because .....

Some examples to follow

- God’s creation is fragile and must be handled with care.
- If we look close enough, we can see ourselves.
- We too are part of creation.

