

Awaken to God's Presence | God of All the Nations

SUMMARY KEYWORDS

breath, nation, imagine, hymn, rhythm, globe, spiritual practice, Christ

SPEAKERS

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Joelle Wight 00:00

A gift of peace in the midst of troubling times. Project Zion Podcast offers this series of guided practices to help you connect with the divine. No matter where you are, and what's going on around you. Take a deep breath and allow your Spirit to find calm in the storm of life.

Robin Linkhart 00:28

Welcome to this time of meditation. This is Robin Linkhart, Community of Christ minister and your companion for today's spiritual practice. Today we will practice dwelling in the hymn, "This is My Song." In preparation, allow your body to relax and feel comfortable wherever you are sitting. Allow your shoulders to drop down. Become aware of your breath. Feel each breath coming in with the swell of your body. Then releasing that breath back into the universe. In and out. Simply breathe. Rest in the rhythm of your breath.

Gently listen to the verses of this hymn. Allow images to float through your mind. Rest in the rhythm of your breath.

This is my song, Oh God of all the nations, a song of peace or lands afar and mine. My land is home. The country where my heart is: a land of hopes, of dreams, of grand design; but other hearts in other lands are beating with hopes and dreams as true and high as mine.

Imagine holding a globe the size of a beach ball in your hands. Slowly turn it until you see your nation. Gently place a finger on your nation. Feel the beating of your heart inside your chest. What hopes come to mind for you?

Think of a friend or someone you know who lives in another nation. Imagine turning the globe until you see their nation. Gently place your finger there. Imagine the beating heart of that person. What hopes might they hold in their heart?

In your mind's eye, gently place a finger on each nation, yours and theirs. Rest in the rhythm of your breath.

My country's skies are bluer than the ocean, and sunlight beams on clover leaf and pine. But other lands have sunlight too, and clover, and skies are everywhere as blue as mine. Oh, hear my song, thou God of all the nations, a song of peace for their land and for mine.

Imagine the bluest sky you've ever seen. Now see sunlight dancing on fields of clover, then bouncing to the trees where you live. Imagine now how the skies radiate with blue in your friends nation, and the sun bounces across fields and trees. Feel your heart beating in your chest.

Listen for the words that become a song for peace. Listen to the song of peace. What words do you hear as your heart beats time?

Now imagine holding the globe of the world, in your arms like a small baby cradled to your chest. Rest in the rhythm of your breath.

This is my prayer, Oh Lord of all earth's kingdoms; thy kingdom come, on earth thy will be done. Let Christ be lifted up till all shall serve him, and hearts united learn to live as one. Oh, hear my prayer, thou God of all the nations. Myself, I give thee; let thy will be done.

Imagine your arms encircling the globe. Listen to the rhythm of your breath. Feel the rhythm of your heart, beating in your chest. Aloud or silently offer a prayer to God for all the nations. Amen