**Jesus' Baptism ~ A Guided Meditation, Matthew 3:13-17**

In this meditation we will enter into the story of Jesus’ Baptism
while you listen, close your eyes and imagine yourself into the story

Let’s begin
Find a comfortable position.
Breathe slowly,
in through your nose
out through your mouth.
Breathe... Feel your tummy slowly rising and falling.

Imagine yourself sitting along the banks of the Jordan River.
Hear the ripple of the water
Hear the birds in the bushes
Feel the breeze in your hair
Feel the sun’s warmth on your face
Smell the earth beneath you
Smell the scent from the plants

Look up the valley
See the mountains in the distance
See the vast, blue sky

Look at all the people that have gathered around you.
They have all come to see John the Baptist.
You have come to see John the Baptist.
Some have come to be baptized.
Others are curious, they have come to listen and watch.

Off to the right you see a man.
This man is different from the others.
This man is walking down the hill.
He is coming towards the river.
You know that he is Jesus.

Jesus has come to see John the Baptist
Jesus has come to be baptized.

Jesus winds his way through the crowd
He comes up to John and asks to be baptized.
**John says,** “I need to be baptized by you, and yet you are coming to me?”
Jesus says, “Baptize me, for it is right for you to do so.”

John baptizes Jesus.
Jesus is coming back out of the water.
Look above Jesus.
The heavens are opening.
There is a light, like a dove.
It is the Spirit of God coming upon Jesus.
Can you hear that?
There’s a voice from heaven
“This is my beloved Son, with whom I am well pleased.”

Stay in this place.
Keep watching with wonder.
Touch the earth beneath you.
See Jesus and the Spirit on him.

Feel the emotions of your heart seeing this.
Let yourself go wherever God takes you next.

It is time to leave the Jordan River bank.
Say good-bye for now.
Ask Jesus to lead you back into your life.
Say "thank you."

Come back gently.
Open your eyes.
Remember.
Be Still.