



#1 Meditation on Doors (Excerpts taken from Open the Door by Joyce Rupp)

Recommendation: that you spend a few minutes doing some slow, deep breathing and some head-to-toe relaxation before you begin the exercise.

Read slowly, as a thoughtful poem: everyone with their eyes closed, after settling in with relaxation:

Doors: essential, beneficial

Open, closed, necessary passageways

Safety, privacy

Shutting out, welcoming in

Opening to the known or to unknown surprises

Locked from within or without

[Pause]

An opening to our deeper self, to our heart, to God, to our truest most authentic self—as God created us to be.

[Pause]

Our truest self cries out to be known, loved, embraced, welcomed without judgment, and integrated into the way we live. This is the desire of every heart.

[Repeat this and pause]

Jesus stands at the door and knocks. WE ARE SAFE.

[Pause]

Imagine a door. Picture it in your mind. Notice all of the details of this door.

[Longer Pause]

Consider these things:

What's on your heart, in your life now.....

What is this door? What does it open to?

Where does it lead? How do I feel about that new pathway or direction?

Or does it remain closed? Am I keeping it closed? Why?

How does this door relate to your life right now?

[Longer Pause]



Sharing round.

Close your eyes and go back to this door.

Where is Jesus with you in this? What is the message of the Holy Spirit to you?

[Pause]

What is your AWARENESS from this experience?

Sharing Round: both Holy Spirit message and your awareness.

End with this Prayer: Read slowly.

“Beloved one,

You know my heart through and through.

Your gaze penetrates to the core of who I am,

Where the truest and deepest of my desire dwells.

When I knock on your door with my requests,

Grant what will most influence my love for you.

May I ever seek that which you long for me to be.

I open the door of my heart to you.

I open the door. “ Amen.

Scripture:

Happy is the one who listens to me, watching daily at my gates, waiting beside my doors. Prov 8:34

When you search for me, you will find me; if you seek me with all your heart. Jer 29:13



[Options: for another time.]

What is locked in me? Why is it locked? Who locked it? Who holds the key to unlock it?

What am I afraid of—if I open this door?

There may be several doors. Focus just on one for now. }

Another option: What door do I need to open to feel more connected with in my Circle? Or in some other relationship?]