

## Guided Meditation - Barbeque on the Beach

### **Introduction**

Welcome to this Guided Meditation. My name is Pippa, I am a Lay Prayer Minister for Wigginton Parish in Tamworth at St.Leonard's Church and St.James' Chapel. It is a great joy to pray with people and for people and I delight in this ministry which includes leading meditations.

Today I will be looking at the bible passage "Barbeque on the beach" from John's Gospel using parts of Chapter 21 and the powerful Sieger Koder Picture of this scene. This meditation will also be posted to the Noticeboard of the Wigginton Parish Web Page as you may prefer to do the meditation and reading not using the video.



I invite you to sit comfortably and listen to the sounds around you. It is good to take a few deep breaths in and out and if it helps you, as you breathe in say “Jesus” and as you breathe out say “I am here”. Relax your muscles maybe scrunching up your shoulders then relaxing them, doing the same with your feet and hands and slowly moving your neck in a circle if you are able. Imagine yourself in the scene, seven of the disciples have been fishing all night and caught nothing – early in the morning Jesus stood on the shore and called out to them asking if they had caught anything, they replied they had caught nothing. Jesus instructed them to throw their net on the right hand side of the boat. When they did this they were unable to haul the net in because of the large number of fish.

Reading on now from **John 21 verse 7 to verse 14**

<sup>7</sup> Then the disciple whom Jesus loved said to Peter, ‘It is the Lord!’ As soon as Simon Peter heard him say, ‘It is the Lord,’ he wrapped his outer garment round him (for he had taken it off) and jumped into the water. <sup>8</sup> The other disciples followed in the boat, towing the net full of fish, for they were not far from shore, about a hundred metres. <sup>9</sup> When they landed, they saw a fire of burning coals there with fish on it, and some bread.

<sup>10</sup> Jesus said to them, ‘Bring some of the fish you have just caught.’ <sup>11</sup> So Simon Peter climbed back into the boat and dragged the net ashore. It was full of large fish, 153, but even with so many the net was not torn. <sup>12</sup> Jesus said to them, ‘Come and have breakfast.’ None of the disciples dared ask him, ‘Who are you?’ They knew it was the Lord. <sup>13</sup> Jesus came, took the bread and gave it to them, and did the same with the fish. <sup>14</sup> This was now the third time Jesus appeared to his disciples after he was raised from the dead.

Take time now to reflect on the Bible passage and the picture. I would suggest between 10 and 30 minutes. Pause the video at this point and return when you feel the time is right for you.

You may wish to write down any thoughts, words or pictures that came to you during the time of your reflection.

For me because I love swimming, especially in the sea, when the reading said “Peter jumped into the water” my heart leapt as I thought of Peter impulsively jumping out of the boat into the water and heading towards his beloved Lord and master. I could see Peter’s face shining with love for Jesus as he walked towards him.

End this time with a prayer in your own words of thanks and praise first to the Father.....then to Jesus.....and to the Holy Spirit

Amen

God bless you.

Pippa Steedman  
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