

Come Out and Live - Meditation for Bias & Discrimination

The Death and Resurrection of Lazarus

We invite you to find a comfortable position to sit in. Try to straighten your back somewhat. This will allow a better flow of air for deep breathing and relaxation. If possible, place the soles of your feet flat on the ground. We invite you to close your eyes.

Breathe in through your nose, 1, 2, 3, and hold, then release gently, 1, 2, 3 and pause.

Continue breathing like this. Pay attention to each breath as you inhale and exhale.

With each inhale, feel God's love, and with each exhale, let go of any negative energy.

Inhale... feel God's embrace... exhale... let go of any tension in your body.

Continue to breathe as we move into meditation to reflect on the Word of God.

Jesus and his disciples were at the Jordan River at the site of his baptism when a messenger told him that his dear friend Lazarus, the brother of Mary and Martha, was deathly ill. But Jesus delayed going two more days. Jesus told his disciples he would raise Lazarus from the dead! Furthermore, when he arrived he told Martha, "I am, right now, Resurrection and Life. The one who believes in me, even though he or she dies, will live. And everyone who lives believing in me does not ultimately die at all."

And when He had said these things, He cried out with a loud voice, "Lazarus, come out!" Out came the man who had died, bound hand and foot with wrappings, and his face was wrapped around with a cloth. Jesus said to them, "Unbind him, and let him go."

Jesus comes to me in the tomb.
Death has lingered
and claimed me for four days.
Death by choking;
Oppression, separation,
loneliness, illness, unimportance, rejection, poverty, abandonment, exclusion.

Have you witnessed someone being cut off by judgment, prejudice or bias?



Where are you in this scene? An onlooker? An ally?

Do you bring life, or death?

Jesus speaks, and summons life.

Come out.

Come out,

and together we will unbind you.

Come out,

and together we will feed you.

Come out,

and together we will love you.

Come out, live.