

## **Meditation Script: The Ocean**

Take some time to get into a rhythm of sitting in the sand, walking along the shore, or focusing upon the horizon.

My soul will rest in Your embrace; For I am Yours and You are mine.

Feel the rhythm of the ocean as it ebbs and flows. Notice that it is constant, rhythmic, and powerful. It is faithful.

In oceans deep, My faith will stand.

“Who is this? Even the wind and the waves obey him!”

Peace be still.

### **Genesis 1:21**

So God created the great creatures of the sea and every living thing with which the water teems and that moves about in it, according to their kinds, and every winged bird according to its kind. And God saw that it was good.

My soul will rest in Your embrace; For I am Yours and You are mine.

### **Genesis 1:26**

Then God said, “Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.”

In oceans deep, My faith will stand.

Peace be still.

### **Job 12:7-10**

“But ask the animals, and they will teach you, or the birds in the sky, and they will tell you; or speak to the earth, and it will teach you, or let the fish in the sea inform you. Which of all these does not know that the hand of the LORD has done this? In his hand is the life of every creature and the breath of all mankind.

My soul will rest in Your embrace; For I am Yours and You are mine.

### **Jeremiah 31:35**

This is what the LORD says, he who appoints the sun to shine by day, who decrees the moon and stars to shine by night, who stirs up the sea so that its waves roar— the LORD Almighty is his name:

In oceans deep, My faith will stand.

“Who is this? Even the wind and the waves obey him!”

Peace be still.

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## **Middle**

Feel the rhythm of the ocean as it ebbs and flows. Notice that it is constant, rhythmic, and powerful. It is faithful.

And I will call upon Your name, And keep my eyes above the waves. Peace be still.

Spirit lead me where my trust is without borders; Let me walk upon the waters. Peace be still.

### **Psalm 8**

Lord, our Lord, how majestic is your name in all the earth! You have set your glory in the heavens.

Through the praise of children and infants

you have established a stronghold against your enemies,

to silence the foe and the avenger.

When I consider your heavens, the work of your fingers,

the moon and the stars, which you have set in place,

what is mankind that you are mindful of them, human beings that you care for them?

You have made them a little lower than the angels and crowned them with glory and

honor. You made them rulers over the works of your hands;

you put everything under their feet:

all flocks and herds, and the animals of the wild,

the birds in the sky, and the fish in the sea, all that swim the paths of the seas.

Lord, our Lord, how majestic is your name in all the earth!

And I will call upon Your name And keep my eyes above the waves

“Who is this? Even the wind and the waves obey him!”

Peace be still.

### **Psalm 19**

The heavens declare the glory of God

the skies proclaim the work of his hands.

Day after day they pour forth speech; night after night they reveal knowledge.

They have no speech, they use no words; no sound is heard from them.

Yet their voice goes out into all the earth, their words to the ends of the world.

In the heavens God has pitched a tent for the sun.

It is like a bridegroom coming out of his chamber, like a champion rejoicing to run his course.

It rises at one end of the heavens and makes its circuit to the other; nothing is deprived of its warmth.

May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.

Spirit lead me where my trust is without borders Let me walk upon the waters

Peace be still.

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Continue to breathe in and out, letting each breath remind you that God's presence embraces you even more fully and truly than the air that surrounds your body.

Turn your attention to the presence of God.

Remember that your attentiveness or inattentiveness does not change the fact of God's presence. You may not summon God—only acknowledge that God is already present, and sometimes perceive that presence.

Take the next several moments to simply rest in God's Presence. Breathe deeply, continually returning your attention to the nearness of God.

Feel the rhythm of the ocean as it ebbs and flows. Notice that it is constant, rhythmic, and powerful. It is faithful.

Remind yourself of the Spirit's constant tug. The Lord's call is steady and constant and faithful.

Peace be still.

### **Call**

Feel the rhythm of the ocean as it ebbs and flows. Notice that it is constant, rhythmic, and powerful. It is faithful.

"Who is this? Even the wind and the waves obey him!" "Who is this? Even the wind and the waves obey him!"

Carest thou not that we perish?

How canst thou lie asleep?

The winds and the waves shall obey thy will:

Peace, be still.

Whether the wrath of the storm-tossed sea  
Or demons or men or whatever it be,  
No waters can swallow the ship where lies

The Master of ocean and earth and skies.  
They all shall sweetly obey thy will:  
Peace, be still; peace, be still.  
They all shall sweetly obey thy will:  
Peace, peace, be still.  
The heavens declare the glory of God  
the skies proclaim the work of his hands.

And I will call upon Your name,  
And keep my eyes above the waves

**Isaiah 43:2-3**

When you pass through the waters, I will be with you;  
and when you pass through the rivers, they will not sweep over you.  
When you walk through the fire, you will not be burned; the flames will not set you  
ablaze. For I am the LORD your God, the Holy One of Israel, your Savior;

In oceans deep, My faith will stand.

Peace be still.  
And with joy I shall make the blest harbor  
And rest on the blissful shore.  
They all shall sweetly obey thy will:  
Peace, peace, be still.

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**End**

Feel the rhythm of the ocean as it ebbs and flows. Notice that it is constant, rhythmic,  
and powerful. It is faithful.

Go from this meditation, remembering what his disciples said about him: "Who is this?  
Even the wind and the waves obey him!"  
Peace be still.