



Free Listening Hearts Program Materials

## *Heartlinks*

A Library of Meditations for Individuals or Groups

### **Write a Hymn**

*During this meditation you will write your own hymn, using a familiar tune. You do not need to be "musical." All you really need is a pen, paper, and an open heart*



**...it is God's time, not our time, *that* is our concern.** – *Listening Hearts*, p 49

1. Take a moment to become settled and quiet. Draw slow, deep breaths. Bring the circumstances of your daily life into your meditation with you, taking time to identify any question or issue with which you may be wrestling.
2. Read the following scriptural passage, or if you prefer, select another passage that you'd like to meditate with today.

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**Your word, O Lord, is eternal; it stands firm in the heavens.** – Psalm 119:89

Read the words over and over to yourself, allowing them to sink into your body, mind, and soul. Eventually, but not necessarily, you may consolidate the passage into a few words, or even one word. As your text becomes part of you, you might close your eyes. Take as much time as you like to become centered, attuned, and still. Allow God's presence to permeate you and your life situation.

3. When you feel ready, take out your pen and paper.

Select a hymn tune or simple melody. Anything can work, as long as it is familiar to you: a popular tune, a hymn, or a favorite song from childhood are all possibilities.

Once you have selected your music, write a short hymn or song based on your thoughts and feelings, especially in relation to your own life. Take your time, remaining open to God's presence as you write. If you feel "stuck" or distracted, return to your words from Scripture to become re-centered. Then, if you wish, turn your attention back to the hymn you are writing.

4. Sing your new song, offering it to God as a final prayer.