Writing a Script for a Guided
Imagery Meditation

Purpose

Students enjoy participating in guided imagery meditations. Having the students work together to create a script for this visual type of prayer allows them to engage in a deeper way with the concept being presented in the meditation and provides an opportunity for them to enhance their spirituality.

Intent

Before the students write the script, they should experience a guided imagery meditation and review samples of a variety of guided imagery meditation scripts. The students must first understand that the purpose of the meditation is for the participants to have an opportunity to pray in a deeper way. The students must also realize that this is a spiritual assignment that requires them to enter into a spirit of prayer as they write the script.

Method

**1.** Divide the class into small groups of three or four, and invite the students to consider the concepts they are studying in class.

**2.** Encourage the small groups to focus on these concepts, because the concepts will inform their scripts.

**3.** Instruct the small groups to create an outline for their scripts, including the following items:

* a theme for this experience
* suggested ideas for how to set up the environment in the classroom for the meditation
* instructions to be delivered by the meditation facilitator at the start of the exercise
* relaxation or focusing exercises at the beginning of the meditation
* details of the journey the participants will experience, including sights, sounds, symbols, smells, and people
* a clear plan for the journey, from the beginning to the end
* ways in which the meditation will include the concepts provided for the assignment
* a powerful closing

**4.** Invite the students to use their outlines to create their group scripts.

**5.** Provide time for the students to read their finished scripts out loud with their small groups to check for clarity and flow.

**6.** Make an audio recording of the scripts, if possible. Include soft music in the background.

**7.** Have the small groups take turns (perhaps on different days) leading the class through the guided imagery meditation they created.

**8.** Allow time for the class to provide constructive (affirming) feedback to the students who created the meditation.