

CONTENTS

Preface	5
How to Use This Book	7
Sacred Space: An Introduction to the Prayer Journey	11
Section One: Meditations for Common Places	13
Meditation for a Public Park	15
Meditation for the Mall	29
Meditation for the Campus	42
Meditation for the Outdoors	52
Meditation for a Mission Trip	68
Section Two: Traditional Meditations	81
Traditional Meditation: To Love as We Are Loved	83
Traditional Meditation: Centering on the Truth	99
Traditional Meditation: Walk to the Cross	107
Using a Prayer Path (Prayer Labyrinth)	123