

# *Sand Paper Spiritual Practice*

*Lead Us Not Into Temptation but Deliver Us from Evil*

## **Guided Meditation:**

- Imagine yourself in your favorite place to talk with Jesus. Settle in and still yourself.
- Think about something you are being tempted to do that you know is wrong. Or think of an action you have been tempted to take that would hurt someone.
- Rub the rough side of the sandpaper between your thumb and finger. Imagine you hear Jesus' voice as you rub the sandpaper. "No, No, No."
- Imagine you feel Jesus holding you in his arms in a hug and warm embrace.
- Tell Jesus about the temptation as you receive his hug and rub the sandpaper.
- Listen to Jesus' voice. Stay with Jesus as long as you need to.
- When you and Jesus have conquered the temptation, fold the sandpaper in half and rub the smooth paper side of the sandpaper.
- As you feel the smoothness say a prayer of thanks to Jesus who kept you from temptation.

