



Beijing Olympics Prayer Meditation

Theme

The Beijing Prayer Meditation is intended to provide a Christ-focussed reflection on the various aspects of the Olympics. At each stage, the viewer is offered the chance to reflect on how this may affect their lives and an appropriate prayer for that section. As well as prayer for the athletes it includes prayer for Beijing, victims of the recent earthquake and for peace.

Delivery

Whilst you can watch the meditation on your own in silence, it is intended to be used with a group of young people, with music played in the background. You might find it easier to use a data projector (if possible), so that everybody can see and experience the meditation clearly.

There is no music built in to the demonstration, as this would infringe copyright. You might like to experiment with different styles of music playing in the background.

Here at the NYMO office, we often use chillout dance music with young people, as the beat tends to be repetitive enough to relax to, but is still up-tempo and familiar enough to be non-threatening... But for this prayer the original song to which the prayer was set was *'Shout to the North and the South'* (3:57 mins) on the album *'The Best Worship Songs...Ever'* which is readily available in music stores or downloadable from iTunes and other online retailers. If you are using this song, be aware that it is best to begin playing the music once the title screen for the prayer appeared. The music should then finish alongside the final screen. Another recommended title for this presentation would be:

'He Reigns' by The Newsboys' (4:55 mins) – this is a little longer than the power point but can be faded slowly after the images end.

Format

The Olympic Prayer Meditation is in a PowerPoint format. This means that it will play on any computer with Microsoft PowerPoint installed, or with PowerPoint Viewer. If you do not have PowerPoint already installed on your computer, you can download Viewer for free from www.microsoft.com (search for 'powerpoint download'). Simply load the powerpoint (you'll need to open it as 'read only'), open the presentation, and it will begin. If you'd like to pause the presentation whilst you're running it, right click and select 'pause', and 'resume' to begin when you're ready.

The Olympic Prayer Meditation is 2MB in size, and should download reasonably quickly on a broadband connection, but may take a little while if you are on dial-up.

