MEDITATION SCROLL: I AM — THE INFINITE ONE

“I AM THAT I AM.” (Exodus 3:14)  
“I am the Alpha and the Omega, the Beginning and the End.” (Revelation 22:13)

CLOSE YOUR EYES. BREATHE DEEPLY.  
Let these words soak into your spirit.

I am standing before the One who has no beginning,  
no end,  
no limit,  
no edge.  
  
He was before the first spark.  
He will remain after the last star fades.  
He surrounds time  
but is not trapped by time.  
  
He watches beginnings like a painter watches his first stroke.  
He watches endings like a gardener watches his last harvest.  
But He Himself is never bound to either.

# PRAYER OF ACKNOWLEDGMENT

Yahweh,  
I cannot contain You with my mind.  
I cannot measure You with my years.  
You are the Eternal One,  
the Infinite I AM,  
who surrounds me, fills me, knows me, holds me.  
  
What feels long to me  
is but a breath to You.  
What feels delayed to me  
is perfectly on time to You.  
What feels lost to me  
has never left Your sight.  
  
I rest in You, the Infinite One.  
I lay down my need to understand all things.  
I rise up in the peace  
that You are beyond beginning and end,  
and yet You step into my life,  
into this moment,  
into now.  
  
Ah-mein.