

# Christian Meditation

## **Virtue to Live By: Faith**

Signs of living the virtue of faith:

I know God loves me and I trust God to take care of me. I ask God to guide in my life.

I spend time with God in moments of quiet and prayer. I share my belief in God with others.

My words and actions show my faith in God's love.

*"For we walk by faith, not by sight." (2 Corinthians 5:7)*

*"And whatever you ask in prayer, you will receive, if you have faith." (Matthew 21:22)*

*"For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast." (Ephesians 2:8-9)*

## **Setting the Scene/Focal point on floor or low table:**

White cloth for Epiphany (6<sup>th</sup> Jan) and Baptism of the Lord (7<sup>th</sup> Jan), Green cloth Ordinary time (14<sup>th</sup> Jan), candles, dimmed lights, spiritual/reflective image on interactive whiteboard or as part of prayer focus, Bible, prayer stones, religious artefacts, plants, shells, objects to link to the theme.

Meditative music/ peaceful/calming hymns quietly playing:

[Epiphany Prayer & Meditation Music](#)

[Catholic Meditation Music](#)

[Praise & Worship Instrumental Hymns](#)

**Gathering** – children enter to calm meditative music and sit in a horseshoe around the focal point.

## **Faith meditation**

We share this time together in meditation as members of our school community and most importantly as friends with one another and as friends of Jesus. Just as the disciples were friends of Jesus, so are we. When we spend time with Jesus in prayer and meditation it brings us closer to him and deepens our faith. Our meditation today focuses on the virtue of faith.

Faith helps us grow in friendship with Jesus and his friendship helps us become the best we can be by becoming more like him. Growing in friendship with Jesus means learning to trust him and knowing that he is always with us. Faith is being open to new things. A person of faith believes in God and all that God has done. But faith is not simply a belief that something is true, it is a way of living. We are called to keep our faith and to live a faithful life filled with hope and love.

Now let us be with Jesus to think about our faith in the Lord. It is important to have faith and stay strong especially when times are difficult. Having faith in God and persevering are important virtues to help us in all different situations in life.

## **Stillness exercise**

Close your eyes, sit comfortably, place your hands on your knees, allow the music to help you relax, take a deep breath in slowly and deeply through your nose, hold your breath for 3-4 seconds and breathe out through your mouth. Continue to take a few deep breaths, allowing the music to help you relax each part of your body from the tips of your toes to the top of your head. Lift your shoulders and then relax, relax your arms, legs, stomach, face, concentrating on your breathing inhale...exhale...inhale...exhale...every part of your body.

Talking to Jesus and praying to him helps strengthen our faith and keeps our friendship with Jesus strong. It also helps us share Jesus with others

Good friends share special times together. Let us now share this special time with our friend Jesus.

## Christian Meditation

**Let us focus on this...take a deep breath...inhale and exhale...and relax...**

Imagine yourself outside of the beautiful city of Jericho... you are with Jesus and a large crowd surrounds you. The crowd are asking Jesus to stay longer.

It is a beautiful day and Jericho is a wealthy city with many beautiful houses and gardens. The air is filled with sweet aromas of flowers and balsam groves that are used to make medicine and perfume.

Jesus needs to leave the city. As you begin to walk with Jesus you notice a blind beggar sitting near a balsam grove. He can hear the voices of the crowds and is asking why there are so many people here. But many people ignore him and walk away. Some people are rude to the blind man, saying hurtful things to him. You feel sorry for the man. Finally, someone tells the man that people are here to see Jesus of Nazareth.

The beggar reaches out and calls, "Jesus, Son of David, have mercy on me."

Jesus hears the man and asks, "Who is calling me?"

A person in the crowd replies harshly, "Oh that is just Bartimaeus, the beggar. He is always begging for something!" Another person angrily tries to shush Bartimaeus telling him to be quiet and leave Jesus alone. But Bartimaeus has great faith and repeatedly cries out louder, "Son of David, have mercy on me!"

Jesus stops, looks across the crowd of people and begins to walk towards Bartimaeus. He looks at the people and then towards Bartimaeus and says to the crowd, "Bring him to me."

A man goes to Bartimaeus and tells him Jesus is calling him. Bartimaeus cries out with joy...you can see the happiness in Bartimaeus face... and hear the depth of love and faith in Jesus in his voice. Bartimaeus stands up quickly, throwing off his cloak and hurries towards Jesus... you watch... and listen to Jesus. "What do you want me to do??" Jesus asks him.

"Master, let me receive my sight," Bartimaeus pleads.

Jesus looks at Bartimaeus and then says, "Recover your sight; your faith has made you well."

And immediately he recovered his sight. You watch as Bartimaeus clouded eyes become clear.

"I can see! I can see!" he cries. Bartimaeus looks upon the face of Jesus who is smiling at him. Bartimaeus smiles, glorifying God. And all the people, when they saw it, gave praise to God.

As the crowd focus on Bartimaeus Jesus turns to you placing his hand on your shoulder, "Come," he says to you, "I want to teach you something. Did you see that Bartimaeus wasn't discouraged when people ignored him and then tried to silence him? ...It made him persevere all the more didn't it?" ...You nod your head... Jesus continues, "This man showed great faith. As Bartimaeus faith in me helped him persevere...so your faith in me will help you keep trying when things are difficult."

Think about this for a moment...how does your faith in Jesus help you when things are tricky? Is this at school in lessons when the learning can be hard, with disagreements in friendships or at home with your family? ...Praying and having faith in Jesus can help you persevere.

Jesus now turns to you, looks you in the eyes and asks, "Do you believe that you are my friend?"

You nod your head...Jesus sees by the expression on your face that you do believe, "Then you will have faith in me and come to me when you need faith and need to persevere. Know that I am always there for you, and you coming to me to help you, you will grow in great faith."

You know Jesus is right. Now spend a few moments with Jesus telling him what you need help with and how having faith in him can help.

It is time to leave Jesus...say goodbye... Jesus hugs you goodbye... Tell Jesus you have faith in him and you will talk to him soon. Slowly get up and walk away... turn and wave goodbye to Jesus. He is smiling at you... as you walk away know that Jesus is always there for you.

# Christian Meditation

When you are ready, open your eyes and come back into the room. Bring your consciousness back to the word faith. As you breathe in, concentrate on the virtue of faith... and as you breathe out, concentrate on Jesus...take a few breaths and relax. Begin to gently wiggle your toes and fingers and slowly sit up.

Take a few deep breaths and listen to this prayer.

## **Closing prayer**

Dear Jesus,

Thank you for my time with you in meditation.

Jesus, thank you for always being there for me, even I can't see you. Your Holy Spirit lives in me, to help me and to have faith in you. Sometimes it isn't easy to keep trying but I believe you are my special friend and I know you will help me persevere when I am ready to give up. Mould me in Your image and fill my heart with faith in You. Guide my actions so that I can live by faith and the strength to remain faithful to You always. My heart is filled with joy for having faith in you.

Amen.