

# Christian Meditation

## **Virtue to Live By: Perseverance/Resilience**

I have perseverance and resilience. I will not give up.

I will have hope and faith even when things are difficult.

*'O God, put a steadfast spirit within me.' Psalm 50:12*

*2 Peter 1:6 "and in your knowledge, self-control, and in your self-control, perseverance, and in your perseverance, godliness..."*

*Galatians 6:9 "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."*

*Joshua 1:9 "Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go."*

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

White cloth - Eastertide, 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.

Easter Meditative music/ peaceful/calming hymns quietly playing e.g.

[1 Hour of Spiritual & Relaxing Easter Music - YouTube](#)

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

## **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.

## **Perseverance & Resilience meditation**

In the season of Easter, we are reflecting upon how the graces of Easter are received in our hearts and what it means for our daily journey. This is a season in which possibilities are unlimited. Rediscover a forgotten passion or nurture a new one. Reach out to old friends, make new ones. Perhaps this is an invitation for each of us to nurture something new in ourselves. Maybe a new spiritual practice. Maybe a new hobby. Maybe a renewed commitment to self-care. Maybe a renewed commitment to helping others.

Let your imagination free and see where it leads you. If we practice perseverance and resilience, it will help us grow stronger as a person, better at dealing with difficulties and have faith in the Lord is at our side in never giving up.

As we share this time together in meditation with Jesus we are going to learn about the importance of persevering and being resilient.

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

Take this time to feel safe and loved in the presence of the Lord.

Let us go and be with Jesus after the Resurrection. Easter encourages us to truly believe in the resurrection of Jesus Christ and to accept his love. In the gospel the risen Jesus appears to his disciples and helps them understand his death and resurrection.

## Christian Meditation

Imagine you are walking with two of the disciples. They are talking about how Jesus was made known to them in the breaking of bread. As you continue to walk, Jesus appears to the three of you.

He says, "Peace be with you."

You notice the disciples are startled and terrified and look like they were seeing a ghost.

Jesus notices this and says to them, "Why are you troubled? And why do questions arise in your hearts? Look at my hands and my feet, that it is I myself. Touch me and see, because a ghost does not have flesh and bones as you can see I have."

Jesus then shows you and the disciples his hands and his feet. You notice the disciples are amazed and full of joy. Jesus asks them, "Have you anything here to eat?" They give him a piece of baked fish; he takes it and eats it in front of you.

Jesus then says, "These are my words that I spoke to you while I was still with you, that everything written about me in the law of Moses and in the prophets and psalms must be fulfilled. Thus, it is written that the Christ would suffer and rise from the dead on the third day and that repentance, for the forgiveness of sins, would be preached in his name to all the nations, beginning from Jerusalem. You are witnesses of these things."

Jesus turns to you and says, "I will always be here for you, by your side... as your guide... never fear for I am with you. I was there when you were born, I am there when times are happy, I am there when times are hard. I will be with all through your life..." Jesus is reminding you that there is nothing we cannot face when we have his love. If we persevere and do not give up, we can achieve what we set out to. Having resilience will help us in your journey in life with the Lord.

Take a deep breath and know Jesus is in your heart and will bring peace to your life. Know that when you persevere in life's challenges, and keeping going to achieve your goals strengthen you as a person.

Spend a moment telling Jesus how you are going to have faith and hope even when things are difficult and how you will keep trying, showing resilience and perseverance to be the best you can be. It is time to leave Jesus, say thank you to Him for always being there for you.

When you are ready, bring your consciousness back into the room, thinking of the words perseverance and resilience. As you breathe in, concentrate on the word perseverance... and as you breathe out, concentrate on resilience...take a few breaths and relax. Begin to gently wiggle your toes and fingers and slowly sit up.

Reflect - know that good things come to those wait and things will happen for you at the right time, just like when Jesus came to show himself to the disciples. Jesus will never leave you. Jesus loves you so much and will always be there for you. So, when you need more resilience, know that Jesus is there for you. When you need to persevere and not give up, know that you can turn to Jesus to help you. Don't give up, believe in yourself and you will achieve great things.

Now let us finish our time together in prayer.

God our Father,

Thank you for this new day filled with wonderful blessings.

Open our hearts that we may be transformed by Your gracious love. May Your spirit teach us to discern the virtues of perseverance and resilience when facing our challenges.

May we remain determined to live a good life and be the best person we can be and know that you are there by our side always.

Please know Lord that we will try not to give up but will believe in ourselves and deepen our love and faith in you. Amen.