

Christian Meditation

Virtue to Live By: Respect & Courtesy

Sings you are Respectful and Courteous:

I respect myself and know I deserve respect from others. I treat everyone how I would like to be treated.

I use good manners. I respect and follow school and classroom rules. I speak politely to everyone.

I listen to others I praise others for their good conduct.

I respect and look after my own and other people's belongings.

Respect - *"So in everything, do to others what you would have them do to you."* (Matthew 7:12)

"Show proper respect to everyone." (1 Peter 2:17)

Courtesy - *"Do not use harmful words, but only helpful words, the kind that build up and provide what is needed, so that what you say will do good to those who hear you."* (Ephesians 4:29)

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

Green cloth for Ordinary time, 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 e.g.

[Catholic Mediation Music](#)

[Instrumental Hymns for meditation](#)

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.

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With your eyes closed, imagine the feeling of a gentle breeze and the sun upon your face, the grass beneath your feet...allow your imagination to conjure images of you being in this special place. Allow the music to relax you even more, absorb yourself in the experience. In this special place, we are one with God, we feel safe and love in the presence of the Lord.

With every breath we take we feel closer to Him. We know that He loves us and wants us to be closer to Him.

As we begin our time in meditation, take a moment to think about the summer...what were some of your favourite memories? ...why was the summer special? ... have you changed over the summer? ...

At the start this new school year, you may be feeling excited, or nervous, glad or unsure. There are always questions and excitement and uncertainty as a new school year begins. New teachers, new friends, new routines.

The beginning of the new school year is an opportunity for change... what are some of the things you would like to do different this year compared to last year? ... What actions can you take to make your wishes to make changes become a reality for you?...

We can turn to Jesus to help us. He gave us the special virtues of respect and courtesy to help us treat other people how we would like to be treated...to treat people kindness, respect and courtesy.

Let us go to Jesus to listen to what he has to say to us...

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Jesus has just come down the mountain with his disciples, who God chose to be his special followers. They must feel very privileged, don't you think? ...Look! They're being greeted by a large crowd... many people are waiting for Jesus to heal them... others are waiting to hear his teachings... Jesus is making his way to a small hill with his apostles.

Jesus sees you and waves for you to follow him. You make your way to him, and he holds your hand. Everyone is happy to see you. You, Jesus and his disciples make your way to a shady tree to sit under. It is a very hot day... you are seated with the twelve disciples at the feet of Jesus. John sits next to you and smiles. He reaches out and shakes your hand to welcome you.

Jesus begins to speak, "Love one another as I have loved you."

He continues to tell you that you are chosen by God, as special people. We are made in His image to be kind to all we meet and especially to those people who maybe find it difficult fitting in, who need our love and respect more.

Jesus continues, "Do not judge others.... or you will be judged. Treat others as you would like them to treat you...give and it will be given unto you...show respect to others. We are all different, as God has made us all different but all in His image."

Think about this for a moment...we show respect for creation and God's world, and we must show respect and courtesy for each other. Being pleasant, polite and kind makes people feel valued and respected.

Pope Francis teaches us that by using three beautiful words, **please, thank you** and **sorry** is one way and an important way to show our concern for others, a way to express our love and care; a way to recognise the good that we do for each other in our family, friends and others we meet.

Jesus wants us to respect ourselves so that we have the confidence to be ourselves and not give in to the things that are wrong or not to give in to those who want us to do things we know we shouldn't do. If we do something wrong, we should say sorry to show we will do good and to let people know we care and appreciate them.

Think about this. As you inhale, think "respect" ...and as you exhale think "courtesy".

Think about the start of the new school year and all the new ventures that lie ahead of you. What is it you will do to show respect and courtesy to all you meet? ...

Jesus finishes his teaching... he turns to you and asks you, "**Do you believe that we are friends?... Does a friend help another friend when in need?**" ... You nod silently... Jesus continues to look at you..." Then do you believe that I, your friend, will help you when you come to me? ...Will you promise to come to me when you need help being respectful, being kind and showing courtesy to others when it is tricky?"

I will give you some quiet time to respond to Jesus.

It is time to leave Jesus... say good-bye to Jesus and to the disciples... turn and leave them...open your eyes and come back into the room.

To show respect and courtesy is so important in our school community. Let us remember Jesus' teachings today and start this school year as we mean to, to show respect to all we meet, to be kind and courteous, to say please, thank you and sorry, and to have a sense of possibility to help us to flourish.

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Let us finish out time together in prayer.

Closing prayer

Dear Lord,

We are thankful for the opportunity to learn new things and for our wonderful school, all the teachers and adults who help us, our friends, our families and our parish community.

As we start this new school year, let us all show respect and courtesy with all whom we meet.

Please help us to be respectful of others even though sometimes we may disagree with them.

Help us to be polite and courteous and live our lives in a way that we may be a good example of Jesus Christ.

With Jesus as our guide, we thank you for every opportunity to be a better person more and more each day. Amen.