

# Christian Meditation

## Virtue to Live By: Confidence

I am able to do things without fear or doubt

I place my trust in God and know that He gives me strength

*"Let the wis'I can do all things through Christ who gives me strength." (Philippians 4:13)*

*'Commit to the LORD whatever you do, and he will establish your plans.'* (Proverbs 16:3)

### 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.

### Confidence meditation

We share this time together in meditation Jesus. Today we are going to learn about having **confidence** in ourselves and in Christ Jesus and how it can help us to be our best self. We should have confidence in Jesus because He is greater than all; He want us to live a life full of joy. He provides abundant grace; He died for our sins so that we can be free. Jesus helps us when we are in trouble and need help.

Being confident can help us through difficult times and to help us stay focused on a particular task until it is done. When we are confident in what we are doing the energy and effort we put into something can show the importance of it to other people.

Prayer and meditation with Jesus can help us to have confidence in ourselves and in Jesus and focus our mind in thinking about how we can succeed and not give up even when things can be tricky.

Let us must take a moment to breathe deeply, inhaling and exhaling, relaxing our body and focusing our mind. Spend a moment thinking about when you maybe found it difficult believing in yourself and needed more self-confidence.

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. Jesus is here in your life, how could that be possible? You look at Jesus, He looks just how you expected Him to look, just how you hoped He would look.

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Jesus is smiling at you and puts his arms out towards you to bring you close. Step forward and have confidence that Jesus is here for you...

Jesus says to you, "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..."

Take a deep breath and know Jesus is in your heart and will give you confidence to be the best you can be. He will never leave you. Jesus loves you so much and will always be there for you. So when you need more confidence, know that Jesus is there for you, know that you can turn to Jesus to help you. Don't give up, believe in yourself and you will achieve great things.

Spend a moment telling Jesus how you are going to have more confidence in yourself and in him...

It is time to leave Jesus, say thank you to Him for always being there for you.

Let us remember Jesus is an ever-present help in our time of need. Because of this, we can have confidence that our lives are safe in His hands, and we should not be afraid.

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

Now let us finish our time together in prayer.

Dear Heavenly Father. Thank you for this new day filled with wonderful blessings. Thank you for the gift of our Lord Jesus Christ. We thank you for all the blessings that await us.

Lord give us confidence in the person you have made us today. We pray for confidence and faith in the plans you have for me. Please know Lord that we will try not to give up but will believe in ourselves and grow in confidence. Amen.