

Christian Meditation

Virtue to Live By: Friendship

I am friendly and show my friends love.

I want the best for my friends.

"As the Father has loved me, so I have loved you." (John 15: 7).

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

White cloth for Epiphany (6th Jan) and Baptism of the Lord (8th Jan), Green cloth Ordinary time (15th 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 e.g. Philip Chapman

https://www.youtube.com/channel/UC9Fz-N_zG59lahvE4NWKbrw/playlists?view=58

<https://www.youtube.com/watch?v=YAxRmdCRBcA>

https://www.youtubenocookie.com/embed/VU9QubwLg4Y?playlist=VU9QubwLg4Y&autoplay=1&iv_load_policy=3&loop=1&modestbranding=1&start=301

Gathering together – 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.

Friendship 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 friendship.

Friends talk to each other often, sharing good news, laughter, thoughts and feelings.

Think about yourself and your friends. How often do you talk? How long have you been friends?

How often do you see your friends? Do you miss them when you don't see them often? This is a bit like our friendship with Jesus. We don't see him, but we know he is always there for us, by our side and we can talk to him whenever we want. Talking to Jesus and praying to him helps keep our friendship with him 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.

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

It is a beautiful day... the sky is blue, not a cloud in the sky, the sun is shining. You are standing bare foot on the shore of the Sea of Galilee. Feel the warm sand between your toes. Listen to the sea quietly lapping against the shore. Take a deep breath and inhale the smell of the sea. The water is sparkling blue, you hear a distant bird call, all is calm and feels relaxed... breathe in the fresh sea air.

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You look along the shoreline... in the distance you see a crowd of people sitting together on the sand. They are having breakfast together. There is a charcoal gently burning and they are eating fish that they have caught in their boats. As you get closer to the crowd you realise it is Jesus' disciples. They are listening to some one talking... it is Jesus. Run to him!
Go and join them...when you reach Jesus quietly sit down... and listen to what he is teaching.

Jesus is talking about how to be a good friend.

Jesus says, *"As the Father has loved me, so I have loved you; abide in my love. This is my commandment, that you love one another as I have loved you. I have called you friends, because I have made known to you everything that I have heard from my Father."* (John 15:9-15)

Jesus looks across at you. He calls you by your name and invites you over to Him. He looks at you and tells you how much you matter. He tells you, you are his friend and he will always be there for you. He knows what is important to you in your heart and with your friendships.

There are so many things that you love about your friends, let your mind wander, thinking about the fun times you have had...and even the not so fun times...think of what you like about your friends. Think about how your friends have helped you be a better person. Spend some time telling Jesus what your friends mean to you.

Take a moment to say a quiet prayer, asking Jesus to bless you and your friends...listen to his reassuring words of kindness and wisdom.

Tell Jesus you are grateful for the friends He has given you and that He is always your friend...
Ask Jesus to bless you and your friends...

It is time to leave Jesus...say goodbye... Jesus hugs you goodbye...It is hard to say goodbye to such a good friend. Tell Jesus 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.

When you are ready, open your eyes and come back into the room. Bring your consciousness back to the word friendship. As you breathe in, concentrate on the word friendship... and as you breathe out, concentrate on friendship...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 being my friend. I want our friendship to grow stronger. I will come to you with my thoughts and needs. I will trust you. Let me share you with others every day. I love you Jesus.

Guide us in being good friends with one another. Let us be inspired by you to be good friends.

Amen.