

Christian Meditation

Virtue to Live By: Love of Learning

I want to learn new things. I am excited and enthusiastic to learn. I enjoy learning. I am open minded. I give time to my learning. I always search for the truth. I know what I want to achieve.

"Let the wise hear and increase in learning, and the one who understands obtain guidance." (Proverbs 1:5).

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. Philip Chapman

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

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.

Love of Learning Meditation

God's gifts are very special and as humans we desire to know, to grow, to develop, to search for meaning and purpose. Of all of God's creation, we have within us a desire to learn. It allows us to be open to the works of the Holy Spirit and the gift of knowledge.

Through learning, and learning from mistakes, helps us grow. God's world is exciting and filled wonderful miracles creating awe and wonder within us to know more.

We are often inspired by a good teacher, by role models to become enthusiastic and self-motivated learners instilling a lifelong passion to learn.

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

Imagine standing in a green field. It is a warm day; the sky is blue with a single fluffy white cloud floating by. Feel the warm sun on your back. Begin to walk through the field and notice the tall trees moving in the warm breeze, birds singing and beautiful flowers swaying in the grass.

You see someone sitting under the tree just ahead of you. As you walk closer, you recognise that it is Jesus. He sees you and calls you by your name... you walk closer...Jesus smiles at you. He pats the ground for you to sit down. Jesus asks you how it feels to start a new school year... to begin a new journey of learning.

Think about this. As you inhale, think "love" ...and as you exhale think learning"

Think about the start of the new school year and all of the exciting learning that lies ahead of you. What is it you want to learn more about? What do you love to learn?...

To love to learn is to have a sense of possibility, be excited about learning and all of the with possibilities. Learning helps us to persevere, even when the learning can be tricky. Despite challenges and frustrations, new learning can be fresh, interesting, and exciting.

Tell Jesus how you feel about this new school year and what you want to learn...

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Having a love of learning can create endless opportunities and help us to flourish. What makes you passionate about learning? Is it the endless possibilities that lie ahead? Does your love of learning help you to use the special gifts and talents God has given you?

Jesus looks and smiles at you as you tell him how excited you are to learn new things. Jesus says, *"Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you."* Philippians 4:9

Reach out and give Jesus a hug... and know that He wants you to understand that you are very special to Him. It's time to leave Jesus. Say goodbye...get up and begin to walk away... stop, turn and wave goodbye once more... knowing that Jesus will be with you every step of the way in your learning journey. Through your love of learning and following in Jesus footsteps can give you so many opportunities to grow as a person.

And now, slowly begin to come back into the room. Be aware of your breathing and of your body. Bring your consciousness back in to the room as you breathing in and concentrating on the word love and as you breathe out, concentrate on learning. Take a few breaths, opening your eyes, slowly move your fingers and toes. Take a few deep breaths and listen to this prayer.

Closing prayer

Dear Lord,

We are thankful for the opportunity to learn new things and for our wonderful school and teachers. As we start this new school year, let us all be grateful and inspired to further develop our love of learning. With Jesus as our guide, we thank you for every opportunity to learn more and more each day. Amen.