

Christian Meditation

Virtue to Live By: Kindness

I look for ways to help others by following the example of Jesus.

I show kindness to any person or animal I see. I look for ways to care for God's creation.

I share what I have with other people. I am kind to myself.

"Never neglect to show kindness and to share what you have with others." (Hebrews 13:16)

"In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: 'It is more blessed to give than to receive.'" (Acts of the Apostles 20:35)

"Therefore, as we have opportunity, let us do good to all people..." (Galatians 6:10)

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

White cloth for Eastertide, Red -Pentecost, 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

[Catholic Meditation Music](#)

[Peaceful Catholic Hymns \(Instrumental\)](#)

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.

Kindness meditation

We come together in meditation as God's children and as a family, brothers and sisters united in Christ. As Christians we are all called to be kind... when we nurture the gifts that the Holy Spirit gives to us. Here as Catholics, we are moved to be kind in many ways, doing kind acts for others in all that we say and do, showing a love for others and ourselves. In the Bible, Jesus tells us to treat others as we ourselves would like to be treated We are going to focus on this fruit of the Holy Spirit... do you strive to be kind in all that you think, say, and do?...

Let us take this time in meditation to be with God, to focus on this fruit of the Holy Spirit...kindness.

Let us listen for God's voice in everything we do, everywhere we go; he is the one who is with us, guiding us, looking after us.

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

When Jesus ascended into heaven, the disciples were afraid, and they missed Jesus. Jesus sent the Holy Spirit to calm their fears, to protect and guide them and to remind them to be kind to one another.

Imagine you are with the disciples in the upper room in the city of Jerusalem to experience the coming of the Holy Spirit on the first Pentecost.

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Remember, this is where Jesus shared his last supper with you and the disciples. Right now, it is crowded with people. There are a few small windows shedding a little light and some lanterns flickering around the room, the door is locked. Watch how the shadows dance on the stone walls... feel the warm air.

Mary, Jesus' mother is sitting in a corner of the room...people are talking quietly to her. Suddenly there is a knock at the door... everyone in the room stops talking. Peter walks to the door, and whispers, "Who is it?" Peter relaxes and smiles and opens the door, it is Philip.

John tells you the disciples are worried about who they let in as they are scared those who arrested Jesus might be looking for them also. John explains that they must stick together and look after one another.

As John is speaking, you hear a sound like a violent wind which suddenly fills the room. What appears to be tongues of fire appear over the heads of everyone, including you. Take a breath and feel the peace inside you... it is followed by a feeling of joy that fills your whole body and mind. Let these warm feelings flow through you...

Peter stands up and says, "The power of the Holy Spirit is upon us, just as Jesus promised!" Peter claps and shouts with joy. He begins to sing praise to God; everyone joins in, and they begin to dance with glee. Peter runs to the door, opens it, and runs outside. You follow him and see a large crowd who have gathered in the street. They heard the strange sounds of wind coming from the upper room...Peter starts to tell them about Jesus. Everyone is excited and begin to dance They invite you to dance with them. You feel the joy of this special occasion and smile at those around you. In your heart and mind, you feel a lot of good things but especially a deep love and kindness of the Lord and everyone around you. Now spend a few moments with your new friends, spreading love and kindness...

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 are breathing in concentrate on the word kindness and as you breathe out concentrate on the words Holy Spirit. Take a few breaths, repeating this, opening your eyes, slowly move your fingers and toes.

Reflect- think of the kindness you felt from those around you in the upper room. How can you show kindness to those around you in your daily life? Will this be by thinking of others first before yourself? Putting others needs first? Doing acts of kindness? Using this fruit of the Holy Spirit to be kind to others in all that you think, say, and do?... We have been blessed with a special job to carry out God's work for the common good of society. This is a privilege... let us trust in the Lord and really focus on showing kindness to our brothers and sisters in Christ.

Closing prayer

O Holy Spirit,

Thank you for my time with Jesus in meditation. We are thankful having Jesus as the perfect role model as someone who can guide us in being a kind person. May His image always fill our hearts. O Holy Spirit, please help us to show kindness and compassion to all that we meet. May we always be kind to

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others both near and far. May we be conscious of you working through us. We ask this through Christ our Lord. Amen.