

# Christian Meditation

## **Virtue to Live By: Simplicity**

Signs of living the virtue of simplicity:

I know what really matters in life. I can give time to think of others, do good and care for creation. Living simply helps me put more trust in God.

*"For where your treasure is, there your heart will be also." (Matthew 6:21)*

*"Blessed are the poor in spirit, for theirs is the kingdom of heaven." (Matthew 5:3)*

*"Be still and know that I am God." (Psalm 46:10)*

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

White cloth for The Presentation of the Lord (2<sup>nd</sup> Feb), Green cloth 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:

[Catholic Meditation Music](#)

[Praise & Worship Instrumental Hymns](#)

**Gathering** – children enter to calm meditative music and sit in a horseshoe around the focal point.

## **Simplicity meditation**

We share this time together 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 helps us to think about what really matters in life. God tells us that we should not live in fear but that He will provide for us. He wants all humanity to live life to the full. Living life to the full means living a life of contentment, appreciating each person and everything, learning that the simplest things can give enjoyment.

Our meditation today focuses on the virtue of simplicity.

Simplicity is about you knowing what really matters in your life. You live simply and don't look out for the next thing to buy or follow. You are not afraid to live with less things. Little by little you realise that you don't need many things to live a happy life. Living simply gives you time to think of others, to share what you have with others, do good and care for creation.

Living simply helps you put more trust in God and living simply helps us to grow in friendship with Jesus. Now let us be with Jesus to think about the virtue of simplicity and living simply.

## **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.

Being with Jesus in meditation, talking to him and praying to Jesus helps us to appreciate the simple things in life and keeps our friendship with Jesus strong. It also helps us share Jesus with others through our actions and living life as God intended us to, simply.

Let us now share this special time with our friend Jesus.

# Christian Meditation

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

It is a hot day, and you are walking along a dusty street trying to catch some shade from the trees. Feel how much cooler it is when you walk in the shade of the large green leaves on the branches. The birds are also enjoying the shade of the trees...can you hear them singing? ... what a beautiful birdsong it is. Notice the butterflies on the other side of the street settling onto the flowers of yellow, red, pink, and white...smell their sweet scent...take a moment to cherish the awe and beauty of this moment...

As you begin to walk further along the street, you see Jesus just ahead of you with his disciples. They turn around and see you... Jesus calls you by name and asks you to join them. Go on, go ahead. As you approach Jesus he smiles and says, "What a wonderful day it is. God's creations are simply wondrous!" You and the disciples nod in agreement.

Just then, you all hear a voice calling "Jesus." ...Look around to see who it is. There is a young boy running towards Jesus. He is wearing very nice clothes. They look extremely expensive. You think he must be rich to have such fine clothes to wear. When he reaches you, he doesn't look at you, but only looks at Jesus...he is panting out of breath from running...he catches his breath and asks, "Jesus, what do I have to do to go to heaven?"

Jesus smiles and replies, "Well...keep my commandments."

"I do! I do!" shouts the boy, "I always try to do what my parents tell me and try to be good."

Jesus once more smiles at the boy and says, "If you really want to follow what I teach, there is one more thing you need to do."

The boy looks excited in anticipation of hearing what this is and asks, "What is it Jesus?"

"You must learn to share your things with others, especially those who do not have as much as you have," Jesus replies, "You do not need as much as you have. Sharing with others helps you appreciate what you have and makes you realise you do not need that much. Appreciating the simple things in life, sharing with others and, having less brings us closer to God."

The boy looks down, he is unhappy. He turns away from Jesus. He doesn't even say thank you to Jesus. He just walks away. You and Jesus watch the boy walk away. Jesus looks sad... he sighs... and turns to you... "I know it can be difficult to share things, but it helps us appreciate what we have and that we don't need that much after all. Sharing with others helps us to appreciate simplicity in life."

Think for a moment about the boy in this story.

What would you have done? ... Do you sometimes find it difficult to share what you have with others? Do you try to live simply?... Do you appreciate the small things and not worry about wanting what other people have?... Do you appreciate what God has given you? ... and are happy to share with others?...

Jesus now asks you, "Do you think it was important what I asked the boy to do? Are you willing to share? especially with those people who are poor or have greater needs than you?" ...

Spend a moment talking to Jesus about what you would do...about living more simply...

It is time to leave Jesus...say goodbye... Jesus hugs you goodbye... Tell Jesus you have learnt that simplicity is important and helps to strengthen your friendship with him and with other people in your life.

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.

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When you are ready, open your eyes and come back into the room. Bring your consciousness back to the virtue of simplicity. As you breathe in, concentrate on the word live... and as you breathe out, concentrate on the word simply...take a few breaths and relax. Begin to gently wiggle your toes and fingers and slowly sit up.

We know we are beginning to live simply when we glimpse that we are content with less; we are happy to share what we have, and we don't have to compete with other people in relation to what they have or what they have achieved. We know we are beginning to live simply when we find ourselves delighting in little things; when we can affirm the achievements of other people and when we appreciate the gifts of others, when we find ourselves valuing the present moment.

Take a few deep breaths and listen to this prayer.

## **Closing prayer**

Dear God,

Thank you for my time with Jesus in meditation. Thank you for helping us understand how important it is to appreciate the simple things in life, to live simply and to share with others. We know how important it is to really notice what others have provided for us and we should always be thankful for everything we have.

Guide our actions so that we can live more simply and make every effort to appreciate what we have and share with others in greater need than ourselves. We know living simply will bring us closer to You. Amen.