

Christian Meditation

Virtue to Live By: Thankfulness

Signs you show thankfulness:

I can say thank you to God. I take time to appreciate the awe and wonder in God's creation.

I show God I am thankful to Him by cherishing the gifts of His creation.

I am thankful for all the gifts in me and around me.

I count my blessings every day and remember to praise God for them.

I know that all I have is a gift from God.

"Give thanks to the LORD, for he is good; his love endures forever." (Psalm 106:1)

"Be thankful." (Colossians 3:15)

"I will give thanks to you, LORD, with all my heart; I will tell of all your wonderful deeds." (Psalm 9:1)

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 thankfulness and harvest.

Meditative music/ peaceful/calming hymns quietly playing e.g.

[Catholic Meditation Music](#)

[Instrumental Hymns & Peaceful Music](#)

[Catholic Meditation Music- Reflection](#)

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.

Thankfulness meditation

We come together in meditation as members of our school community. We look to God to help us be thankful for our school, our parish, our families and friends and God's wider world.

Let us take this time to be with God and focus on the importance of being thankful, to be grateful for all that we have and to be grateful for all the people we know and all the things that happen around us each day. Let us continue to grow in wonder about the world and see the world and our life as a gift from God. Let us use the virtue of thankfulness to benefit others. Being thankful helps you to be generous to others. Especially in harvest we think of how we can help others in need.

When you open your heart by giving thanks to God our creator, you create more space for more good things to come. When you look for all the blessings in your life you begin to feel more grateful and thankful for all the wonderful gifts we are given daily. We begin to see more beauty in the world. Thankfulness often leads to optimism. Often when you expect the best, you often find it.

Christian Meditation

To practice thankfulness, you need to take time to notice the beauty around you and within yourself. Appreciate the little things in life – water to drink, a flower in the garden or along the roadside, the sunrise and sunset, the trees moving in the breeze etc. Count your blessings every day, especially when you are facing difficulties. We can learn something new in every situation and we should be grateful for all opportunities to learn and grow.

Live in the present moment and live it to the full - try not to think too much about the past and future. Try not to compare your life with others – be grateful for all you have.

God has given us so much and what we already have is more than we need.

God walks beside us every day, looking after our needs. Spend a moment thinking about this... think of all the gifts God the Father has given us... all the wonderful things God has given you...

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

Let us go to Jesus and spend some time with him being thankful for everything we have.

You are standing in a field full of golden corn. It is a warm autumn day. Look around you and see the beauty of this place... notice the sky is blue, feel the warm sun on your head and shoulders, begin to walk through the field. The corn brushes against your legs and gently tickles. Listen to the birds tweeting, singing a wonderful autumn song... flowers swaying in the distance, all different shades of pink, yellow and mauve...so many beautiful colours. Stretch out your hand and gently stroke the golden corn. You are enjoying all of God's gifts that surround you. Isn't God wonderful to create such beauty for us to enjoy?

The birds in the trees are calling out to each other, walk towards them. Here you see a group of people sitting in the cool shade of the branches. As you walk closer, you notice it is Jesus with his disciples. Jesus sees you and calls your name and beckons you to join them. Jesus smiles at you. He pats the ground next to him and invites you to sit next to him. It feels good to be with Jesus, doesn't it?... to be wanted by him...Jesus places his arm around you and points to the birds, the flowers, the golden corn...," Isn't nature beautiful? How loving is our Father to give us such wonderful gifts. God gives us everything we need and more."

Spend some quiet time with Jesus thinking of all the things God has given you that you are thankful for...

Think of the people we love and that love us. Tell Jesus how thankful you are for your family and friends, your teachers, your school. What else are you thankful for in your life?...

Jesus holds your hand and say to you," Thank you for coming to me, for following me, for appreciating God's great kingdom. Love your family and friends...they are special to me too. Be thankful for everything God has given you. Help me and take good care of God's world, this world of awe and beauty... and help your neighbour wherever you can."

Nod to Jesus and hold his hand and smile as you make this promise to be thankful for everything you have and take care of God's world.

Christian Meditation

It is time to leave Jesus...give him a hug and say goodbye...as you walk away Jesus calls out to you by name and says, "Give thanks to the Lord, for he is good, his love endures forever. "(Psalm 106:1)

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 thankfulness and as you breathe out, concentrate on the word grateful. Take a few breaths, repeating this, opening your eyes, slowly move your fingers and toes. Take a few deep breaths and listen to this prayer.

Closing prayer

Dear Lord,

Thank you for our time with Jesus. We are thankful for everything God has given us.... our family, our school and parish, our friends, our brothers and sisters all around the world and God's wonderful world. Help us to live the virtue of thankfulness by being grateful for what we have and sharing what we can with those more in need.

Let us look after God's wonderful creations and work together for the common good, especially during the season of harvest. May we use this time to make our promise to God to be show thankfulness through acts of service and charity. Let us put our faith into action. Let us especially use this time to make a positive difference in our communities.

With Jesus as our guide, we thank you for every opportunity to serve God more and more each day. Amen.