

Christian Meditation

Virtue to Live By: Responsible Citizenship

I show love for my neighbour through my actions. I am part of my community. I make a positive difference. I look for opportunities to serve others. I am proactive. I play my part to look after the environment.

*"Do not forget to do good and to help one another, because these are the sacrifices that please God."
(Hebrews 13:14; 16).*

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.

Responsible Citizenship meditation

We come together in meditation as members of our school community. We look to God to help us be responsible citizens within our school, our neighbourhood and within God's wider world. Let us take this time to be with God and focus on the importance of being responsible citizens, committed to finding ways to make a positive difference within our communities, seeing each person as our neighbour. Our neighbours are brothers and sisters across the world, who are all children of God...just like us. As God's children we have the responsibility to help each other and look after God's world. Especially in harvest we think of our neighbours and how we can help others in need.

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

Imagine you are in a crowd and as you approach the front of the group you see Jesus and he smiles at you and invites you to sit next to him.

Jesus begins to tell the crowd a story... the Good Samaritan.

'A man was walking home from work late at night. It was a dangerous place, and sadly the man was attacked by robbers, who seriously hurt him and stole his wallet. They ran off and left the poor man lying on the ground in serious need of help.

A parishioner passed by, saw the man and hurried on to his church. Another person passed, looked at the beaten man and hurried on because he didn't want to be involved.

A little while later an ex-prisoner came by, he saw the man and knew he must do something. He washed and bandaged the man's wounds and took him to a nearby hospital to be cared for.'

Christian Meditation

Jesus now turns to you and asks, "Which of these people was a good neighbour? Who was a responsible citizen?" Take time to think about this...

Jesus holds your hand saying, "*Blessed are the meek, for they will inherit the earth.*" In what ways can you be gentle and kind to people around me. How can I show love and concern for others, remembering we are all children of God.

"*Blessed are those who hunger and thirst for righteousness, for they will be filled.*" What can you do to make the world a fairer place?...

Spend a moment with Jesus and tell him what you will do to be a responsible citizen. How will you be a good neighbour in school? with your family? and in our wider communities?... 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 really focus on this in the coming weeks.

It is time to leave Jesus...give him a hug and say goodbye...as you walk away think about what God wants you to do. Jesus says, "*Do not forget to do good and to help one another, because these are the sacrifices that please God.*" (Hebrews 13:14; 16)

Think of how you can make a positive difference in our community and look for opportunities to serve others. It is time to leave Jesus but know that Jesus remains with you.

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 responsible and as you breathe out, concentrate on the word citizen. 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 my time with Jesus in meditation. We are thankful for the opportunity to make a difference in our communities and be responsible citizens. Help us to be good neighbours and work together for the common good in acts of service and charity. Let us put our faith into action, contribute to and serve others. During Harvest, let us especially use this time to look after God's creation, make a positive difference to our community and put solidarity into action. Let us be inspired to be responsible citizens. With Jesus as our guide, we thank you for every opportunity to serve God more and more each day. Amen.