

Christian Meditation

Virtue to Live By: Trust

I place my trust in God and others can place their trust in me

"Blessed is the man who trusts in the Lord. And whose trust is the Lord."

(Jeremiah 17:7)

"How blessed is the man who has made the Lord his trust, And has not turned to the proud, nor to those who lapse into falsehood."

(Psalm 40:4)

"But as for me, I trust in You, O Lord, I say, You are my God."

(Psalm 31:14)

"Behold, God is my salvation, I will trust and not be afraid; For the Lord God is my strength and song, And He has become my salvation." (Isaiah 12:2)

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

White cloth for Eastertime, 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

[Trust in God: 30 Minutes Prayer & Meditation Music – YouTube](#)

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.

Trust meditation

We come together in meditation as God's children and as a family. We look to God to help us trust in the Lord. Let us take this time in meditation to be with God to trust in the LORD with all our hearts. Let us listen for GOD's voice in everything we do, everywhere we go; he is the one who will keep us on track and look after us.

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

Imagine you are with the eleven disciples in Galilee. It is a warm day, and you are sitting in the shade under a tree on the mountain where Jesus has told you to go. Jesus approaches you and the disciples. When you see him, you look in disbelief that it is actually Jesus' walking towards you all. You look up and Jesus comes closer and says, "Stay in Jerusalem, because the Holy Spirit is coming to baptize you. All authority in heaven and on earth has been given to me. Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching

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them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age. He who believes will be baptized will be saved.”

Jesus then tells you to put your trust in the Lord for he will help you and save you. Jesus continues to talk to you and the disciples saying as we go through our day, this same Holy Spirit guides us, too. That means we don't have to go it alone or hope we're getting it right. No, the Holy Spirit leads us into all truth and protects us. Spend a moment thinking about this... you know you can trust in Jesus.

After the Lord has spoken to you, you all see a great light and you watch in peace as Jesus ascends into heaven. He is received into heaven and sits at the right hand of God.

You and the disciples stand up in awe and wonder...watching and knowing that you can trust in God the Father, God the Son, and God the Holy Spirit.

You leave the disciples as they walk down the mountainside. As they pass people on their way, they begin to preach that the Lord is with them, spreading the good news. Jesus opened the gates of heaven for all humanity.

Take time to think about this... what do you do in your life to spread the good news of the Lord bringing the joy of Christ to others?

Spend a moment thinking about how you can be more like Jesus and as one of his disciples what can you do to spread the good news of Jesus. Will this be by being a good friend and ensuring people know that they can trust you? By thinking of others first before yourself? Putting others needs first? Or by doing acts of kindness, hope and spreading joy into the lives of others?

Reflect for a few moments on what you will do to be the best disciple of Jesus that you can be...

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 this in the coming weeks.

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 trust and as you breathe out concentrate on the words in the Lord. 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 giving us Jesus as the perfect role model and someone we can always trust in. May His image fill our hearts with faith and trust in You. Guide our actions so that we can live by faith and have a life in You, abundantly and eternally.

Thank you for your promises and for being present in our lives

Thank you that we can put our hope in you

Even when life is scary or uncertain

Help us remember that every day

Thank you for your love

We love you, God!

Thank you for Jesus

In His name, Amen!