

Christian Meditation

Virtue to Live By: Honesty

I tell the truth. I can be trusted. I am honest about my words and actions. I make promises I can keep. My actions match my words. I am true to myself and follow what I know to be right.

“Do not lie to each other, since you have taken off your old self with its practices.” (Colossians 3:9)

“Therefore, each of you must put off falsehood and speak truthfully to your neighbour, for we are all members of one body.” (Ephesians 4:25)

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:

[Catholic Meditation Music](#)

[Meditation Music](#)

[Piano Worship Music](#)

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.

Honesty meditation

We come together in meditation as God’s children and as a family. Today we are going to focus on the virtue of honesty, in our time with Jesus in meditation. We look to God to help us be honest people.

For some of us, the gift of honesty comes easily, while for some of us, being honest can be tricky and we need God to help us to be honest. So, what is honesty and why is it so important? What's wrong with a little white lie? The Bible has a lot to say about honesty, as God has called us to be honest people. Even little white lies to protect someone's feelings can compromise your faith. Remember that speaking and living the truth help those around us come to the truth.

Christ said that He is the Way, the Truth, and the Life. If Christ is Truth, then it follows that lying is moving away from Christ. Being honest is about following in God's footsteps, for He cannot lie. If we seek to become more God-like and God-centred, then honesty needs to be a focus.

Honesty is a direct reflection of your inner character. Your actions are a reflection on your faith, and reflecting the truth in your actions is a part of being a good witness. Learning how to be more honest will also help you keep a clear conscious.

Now let us take this time in meditation to be with Jesus and learn more about honesty.

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

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Imagine you are in the town of Jericho with Jesus and his disciples. It is a beautiful town, with sweet, centred trees and colourful flowers and plants lining the streets.

A crowd begins to gather around Jesus, you, and the disciples. You see a well-dressed man pushing through the crowd shouting, "Let me see him." The man is now running ahead, and you see him climb up a sycamore tree to catch a glimpse of Jesus.

Judas tells you the man is a rich tax collector called Zacchaeus. Judas also says that Zacchaeus has a big house with servants, fine clothes and is rich from taking money from people and being dishonest about it.

Tax collectors were not very popular and disliked by the Jews. They collected taxes for Caesar. They hurt people who did not pay and lied, taking more money from people than they should. Zacchaeus did this and as such was now a very wealthy man due to lying to people and taking lots of money from them.

The crowd of people gathered here do not like Zacchaeus because he is dishonest and has hurt people. The crowd shout 'sinner' to him. You notice that Jesus ignores the crowd and calls to Zacchaeus, "Come down from the tree Zacchaeus, I must stay at your house today."

The crowd were displeased as Jesus was talking to a sinner and a dishonest man. How could Jesus do this they murmured. How could he associate himself with a person who tells lies and cheats, taking lots of money from innocent people, who don't have much anyway?

You notice Jesus ignores what the crowd is saying and continues speaking to Zacchaeus.

Zacchaeus listens to Jesus...thinks for a while... then climbs down from the tree. He says to Jesus, "Lord, I give half of my possessions to those who are poor and in need."

Zacchaeus is realising his wrongdoings and knows being dishonest and lying to people has caused much hurt and kept him away from Jesus. He is sorry for his sins and wants to put things right.

Jesus realises this and knows Zacchaeus can be saved. Jesus smiles at Zacchaeus and they begin to walk to Zacchaeus' house.

Go with Peter and follow them...you can hear Zacchaeus talking to Jesus and promising to share his wealth with those who are poor. When you reach Zacchaeus house and see how big and beautiful it is, Peter turns to Jesus and says, "I doubt if Zacchaeus is going to give this up!"

Jesus smiles and replies, "You forget, Peter, Zacchaeus heart has been touched by God. Today salvation has come into this house. He has been transformed by his faith and love of God."

Zacchaeus' actions reveal that his repentance and faith are genuine. With God all things all possible, and a rich man can be saved by his actions.

Jesus turns to you and smiles. He puts his arm around you and says, "Zacchaeus believes in my teachings and now wants to change his life and grow closer to me... Do you believe in what I have taught?... Would you like to grow stronger in faith and therefore grow closer to me?..."

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Spend a moment with Jesus listening to his teachings about honesty and the importance of telling the truth and how this will bring you closer to God...

Reflect - while being an honest person reflects your character, it is also a way to show your faith. In the Bible, God made honesty one of his commandments. Since God cannot lie, He sets the example for all His people. It is God's desire that we follow that example in all that we do...

Now it is time to leave Jesus. Take comfort from knowing that Jesus will always be there for you. Telling the truth and being guided by God will help you grow and flourish as a person.

When you are ready, say goodbye to Jesus. Slowly, bring your consciousness back into the room, focusing on our virtue of honesty.

As you breathe in, concentrate on the word honest and as you exhale...concentrate on the word truth. Be aware of your breathing and of your body. Bring your consciousness back in to the room. 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.

Help us to be people of honesty and integrity. For the times that we may have twisted the truth, deceived in subtle ways, and outright lied, we are sorry. Lord, please make us pure of heart. May the truth that You place in our hearts be the basis of our actions and our words. Jesus, we trust in You.

Help us remember that every day, you are with us, and let our hearts be full of love and trust in the You. Amen!