

# Christian Meditation

## Virtue to Live By: Hope

Sings you are Hopeful:

*I believe and trust that God will not give up on me. I am positive about the future.*

*I don't give up on myself. I have hopes and dreams that we can all work for a better world.*

*I pray to God placing my life in his hands. I know God has a plan for me.*

***"May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit."*** (Romans 15:13)

***"Let your hope keep you joyful, be patient in your troubles, and pray at all times."*** (Romans 12:12)

***"but set Christ apart as Lord in your hearts, being ready always to give account of the hope within you..."*** (1 Peter 3:15)

## 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 of Hope i.e., symbols of Remembrance, All Souls.

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

## [Alone with God Music for Prayer and Meditation](#)

[Catholic Meditation Music](#)

[Instrumental Hymns for meditation](#)

## 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.

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With your eyes closed, allow the music to relax you even more, absorb yourself in the experience.

In this special place, we are one with God, we feel safe and love in the presence of the Lord.

With every breath we take we feel closer to Him. We know that He loves us and wants us to be closer to Him. God gives us hope, a virtue which we are going to concentrate on in our meditation.

Hope opens our heart to aspirations and leads to happiness that flows from doing good.

As we begin our time in meditation, sit quietly and think of the word hope. Take a moment to think about hope can help us build a better world, how our God of hope can fill us with joy and peace as we trust in him and be filled with hope of the Holy Spirit.

The beginning of a new half term is an opportunity for hope of what is to come. What is it you are hopeful for?... Have there ever been times where you have felt hopeless and lacking in hope?...

What did you do?...

As Christians we are a people of hope. God promised us, His people, that He would send His son Jesus to save us all. We waited in hope for Jesus to come and God kept his promise. God keeps his promises so we must try and always keep our hope alive in our hearts.

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God wants us to be children of hope because He loves us. We can turn to Jesus to help us have hope. Let us go to Jesus to listen to what he has to say to us...take a deep breath and relax.

You are in a field just outside of town...Jesus is there, and people are gathering around him. They are sitting in the shade of a tree finding relief from the hot sun. Feel the heat on your arms and on the back of your neck as you walk closer to Jesus. He turns and sees you and quietly calls you by your name and beckons you to sit next to him.

Go and listen to his teaching today. It will help you enjoy and understand our Father's gift of hope that he has given to us. Walk over to Jesus and hug him and sit with the disciples.

Jesus says, "Hoping in God will never lead us into despair, because He has a plan for all of us who look to Him. He has a future that is full of hope."

Think about this for a moment...We may sometimes be faced with difficulties and need hope to understand why certain things happen which can be tricky. We need hope for the future and pray to God to let us not lose hope. A wonderful result of hope is given by the Holy Spirit of God. He gives us the power to hope and that is a demonstration of God's love for us. Hope given by him works together to give us confidence, joy, peace, power and love. That is a true gift!

Jesus finishes his teaching... he turns to you and asks you, **"Do you have hope in God?... As a child of God, can you share your hope and be hopeful for others?"** ... You nod silently... Jesus continues to look at you..." Then do you believe that I, your friend, will also give you hope when you come to me and pray to me? ...Will you promise to come to me when you need help being hopeful?"

Think about this. As you inhale, think **"hope"** ...and as you exhale think **"Jesus"**.

Think about the coming of advent and the hope of the Lord and the start of a new church year.

How can you show hope to others and be hopeful in your own life?

I will give you some quiet time to respond to Jesus.

It is time to leave Jesus... say good-bye to Jesus and to the disciples... turn and leave them...open your eyes and come back into the room.

To have hope is so important as Christians and children of God. Let us remember Jesus' teachings today and as we travel towards advent let us have hope and believe and trust that God will not give up on us. With hope we are positive about the future.

Be strong, and let your heart take courage, all you who wait for the Lord! (Psalm 31:24)

We don't give up on ourselves. We have hopes and dreams that we can all work for a better world.

We know God has a plan for us.

Let us finish our time together in prayer.

## Closing prayer

Dear God,

May you fill us with hope and with joy and peace as we trust in you. May we be overflowed with hope by the power of the Holy Spirit.

We are your humble servants, and we pray for hope. We need hope for a better future.

We need hope for love and kindness. We need your light Lord, in every way. We pray to be filled with your light.

Help us to walk in your light and live a life in faith and glory.

In your name we pray, Amen.