

Christian Meditation

Virtue to Live By: Courage

I have courage.

I am willing to try new things.

"Be strong and courageous." (Deuteronomy 31:6)

"Courage!" Jesus said. "It is I. Do not be afraid!" (Matthew 14:27)

"Have I not commanded you? Be strong and courageous. Do not be frightened and do not be dismayed, for the Lord your God is with you wherever you go." (Joshua 1:)

"Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!" (Psalm 27:14)

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." (Isaiah 41:10)

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](#)

[Philip Chapman Meditative Music](#)

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.

Courage meditation

We come together in meditation as God's children and as a family. Today we are going to focus on the virtue of courage, in our time with Jesus in meditation.

We look to God to help us to be brave and have courage. For some of us, the gift of courage comes easily, while for some of us, having courage can be tricky and we need God to help us to be brave. Sometimes the gift of courage comes to us when we least expect it. This can be when we feel something is unfair and we feel we must do something about it, or if there is something we really want to do. Or sometimes, we need courage to conquer our fears and being brave helps us to achieve something great in our lives.

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We have all been brave at some point and what is important to remember is that being brave in small acts of courage, can make the biggest differences in our life and in the lives of those people around us.

Now let us take this time in meditation to be with God. 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, including those times when we need to have courage.

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

Imagine it is one of the days following Jesus' death and resurrection...you are with the eleven disciples, and you go with them to Galilee to climb the mountain Jesus asked you to climb.

It is a hot day, but luckily there are a few clouds and a mild breeze to keep you cool. As you walk up the mountain, some of the disciples stop to sit down...the rest of you continue walking up the mountain side. Further along your journey, more disciples sit to rest... you continue to walk.

Soon you are alone with your thoughts and think about what has happened to Jesus over the past few weeks. You think about when Jesus arrived in Jerusalem and how the people celebrated...you remember that last supper you had with Jesus...you remember when Jesus was arrested and crucified... and how brave he was, dying on the cross, for our sins.

You remember how Jesus rose from the dead... and how elated you were seeing him for the first time. As you think about this, your thoughts are interrupted...there is someone up ahead...it is the Lord. You feel warm inside and a big smile appears on your face. Move quicker to catch up to Jesus.

As you near Jesus he turns and smiles at you, recognising you. He asks you to sit with him...He asks if you are ok. Spend a few moments with Jesus telling him how amazing it is to see him. Have courage to tell Jesus what is on your mind and any worries you may have. There may have been a time when you needed courage to do the right thing... to apologise to someone...or maybe a time when needed courage to take positive action.

Jesus listens attentively and look you in the eye, smiles, takes your hand, and says, "Do not be afraid. I have plans for you. When you call upon me, I will be there...when you come and pray to me, I will hear... and listen to you...when you look for me with all your heart...I will find you... and be there for your always. Know that when you need to be brave...I will help you.

Take my gift of courage and know that I will be right by your side looking after you. Be strong and courageous when you need to be. Do not be afraid and do not be dismayed. I will be with you helping you to be brave, wherever you may go."

Spend a few moments quietly thinking about this before you leave Jesus...

Take comfort from knowing that Jesus will always be there for you. Jesus makes you feel encouraged. He has great plans for you... he has given you a special gift of courage. Think about how you can use his special gift of courage wisely...

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When you are ready, take steps to walk down the mountainside...smiling at the disciples as you pass them. Know that you have courage to always do the right thing and to be the best person you can be.

Slowly, bring your consciousness back into the room, focusing on our virtue of courage.

As you breathe in, concentrate on Jesus and as you exhale...concentrate on courage.

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.

We are thankful for the gift of courage. Please help us to use this gift wisely and be brave in doing the right thing when needed and to have courage to try new things in helping us be a better person.

Jesus was the bravest of all and let us never forget what he did for us. Let us remember that Jesus is always with us, right by our side. May His image fill our hearts with courage. Guide our actions so that we can be brave, even when life is a little scary or uncertain.

Help us remember that every day, you are with us, and let our hearts take courage and trust in the You.
Amen!