

Christian Meditation

Virtue to Live By: Prayer

I spend time with God. I listen to God. I rest in His presence. I tell God I love Him. I grow in friendship with God. I pray from the heart.

"Then you will call on me and come and pray to me, and I will listen to you." Jeremiah, 29:12

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 linked to All Souls/Saints/Remembrance to link to the theme.

Meditative music/ peaceful/calming hymns quietly playing e.g., Christian Meditation Prayer music

<https://www.youtube.com/watch?v=BriCF4tCgEY>

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.

Prayer Meditation

As we come together to meditate, we focus on the virtue of prayer. We pray for many different reasons using many different forms of prayer. We share our needs with God in prayer, we thank God in prayer, we praise God in prayer, we ask for God's mercy in prayer, we ask God to help others in prayer.

When we talk to our friends and share our needs with each other, our friendships grow, and we become closer. Talking to God in prayer also brings us closer to God. Saints pray to Jesus all the time and have a very strong friendship with Him. Saints' friendships with Jesus helps them share Jesus with others. Like Saints, we can also put our trust in God in prayer.

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

Let's now spend some time with Jesus. You are standing at the Sea of Galilee. The water is clear blue with the gentle wave lapping onto the shore. The sand is golden and soft and warm beneath your feet. There is not a cloud in the sky. It is a beautiful day with the gentle breeze from the sea keeping you cool. Close your eyes... breathe in the sea air...exhale and relax...

Take a walk along the beach, wiggle your toes as you walk, feeling the warm sand between them. The cool water laps ashore covering your feet, keeping them cool. You see some people sitting on the beach just ahead of you. Jesus is with the crowd of people. Go and join them. Sit down next to Jesus and listen to His teaching. Jesus is speaking about asking God for something... and it will be given into you.

Jesus turns and smiles at you calling you by name... spend some time with Jesus, talking quietly about your prayers...Thank Jesus for being your friend and for listening to you.

As you inhale, think "pray" ...and as you exhale think Amen."

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Jesus looks and smiles at you and says, *"Devote yourselves to prayer, being watchful and thankful."*
Colossians 4:2

Reach out and give Jesus a hug... and know that He wants you to understand that you are very special to Him. It's time to leave Jesus. Say goodbye...get up and begin to walk away... stop, turn and wave goodbye once more... knowing that Jesus will be with you every step of the way and by praying will keep you close to Him.

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 and concentrating on the word pray and as you breathe out, concentrate on the word Amen. Take a few breaths, 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 giving us Jesus as our friend. We have someone special to talk to in prayer whenever we need to. Help us to know that praying brings us closer to God and we will trust Him with our thoughts and needs. Like the Saints, may we please Jesus by praying whenever we can for those who needs God's help the most and to thank God for everything He has given us.

With Jesus as our guide, we thank you for every opportunity to pray more and more each day. Amen.