

Christian Meditation

Virtue to Live By: Self-control

Statements to live by

I have self-control.

I speak and act calmly.

"But the Spirit produces love, joy, peace, patience, kindness, goodness, faithfulness, humility and self – control." Galatians 5:22-23

*"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."
2 Timothy 1:7)*

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

Purple cloth Lent, 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.

<https://www.youtube.com/watch?v=pW8r1JzsuPk>

<https://www.youtube.com/watch?v=xoguomq8VvY>

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.

Self-Control meditation

We share this time together in meditation Jesus. Today we are going to learn about self-control because some behaviours can get us into trouble and can cause us or others to get hurt. We also need to develop self-control to train our minds to make good choices, resist temptation and help us grow to be a better person. We can all be tempted to make wrong choices and lose self-control, but we all need to understand that temptation isn't something we grow out of once we reach adulthood, but we must constantly rely on God to help us overcome temptation and use more self-control. God wants us to use self-control not just to avoid harm, but in a way that can help us to do good things for our families, friends, communities and ourselves.

Meditation helps us to focus our mind and practice self-control.

Let us must take a moment to breathe deeply, inhaling and exhaling, relaxing our body and focusing our mind. Spend a moment thinking about when you were tempted to do the wrong thing, made a bad choice and did not use self-control. How did that make you feel? Sad...annoyed with yourself...lonely...upset...

Christian Meditation

Maybe you can think of a time where you were tempted and were strong and used self-control. How good did that make you feel? Happy...proud...elated...in control of yourself...thankful...

We know there are things in the world that tempt us to make poor choices and at time Jesus was tempted to do things to prove he was the Son of God...but instead, Jesus chose to worship and love God...let us take a moment to reflect on this fruit of the Holy Spirit.

Today's we will learn that Jesus faced temptation but did not sin but used self-control. Our story is from the book of Matthew, the first book in the New Testament.

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

Take this time to feel safe and loved in the presence of the Lord. Take a deep breath and imagine you are with Jesus on this journey.

We know that Jesus was baptised in the River Jordan by John the Baptist. We learned that The Holy Spirit descended on Jesus in the form of a dove, and God spoke from heaven saying, "This is my Son, whom I love; with Him I am well pleased."

Immediately after all this happened, God sent Jesus into the wilderness where he fasted for 40 days going without food in order to spend time praying and thinking about God.

Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was very hungry. Can you imagine how hungry you would be?... imagine how Jesus must have felt.

The tempter came to him and said, "If you are the Son of God, tell these stones to become bread."

Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

Then the devil took him to the holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written: 'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'"

Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'"

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour. "All this I will give you," he said, "if you will bow down and worship me."

Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God and serve him only.'"

Then the devil left him, and angels came and attended him.

Do you think Jesus was tempted during the time he spent in the wilderness? If you were in Jesus' place, what would you have done?

Instead of giving into the temptation to turn the stones into bread, Jesus remembered what God's Word says. Way back in the Old Testament book of Deuteronomy we can read about how the Israelites were wandering in the desert and they were really concerned about what they were going to eat. In fact, they cared more about food than their God who provided it! We need God more than we need anything else in the world because it's God Himself who sustains us. That's what Jesus remembered when Satan tempted Him, and knowing this truth allowed Jesus to resist temptation. Jesus faced temptation but did not sin.

Did you know that this was not the only time that Jesus was tempted? Three years later Jesus was on the cross. People passed by him and shouted up to him, "Save yourself! If you are really the Son of God, you could come down from that cross!" Jesus certainly could have saved himself because He truly was

Christian Meditation

(and is) God. Jesus didn't deserve to die on the cross. Jesus faced temptation but did not sin. He gave His life for us. Jesus was and is our perfect role model. He died for our sins and we must now help ourselves too, resisting temptation and using self-control to be a stronger and better person, making the right choices.

Listening to this story about Jesus and learning from his experiences helps us to be practice discipline, keep our promises and be closer to God.

During Lent, we make our Lenten promises and using self-control will enable us to achieve this and make us a stronger person. We can use the Gifts of the Holy Spirit to help us use self – control.

Spend a moment telling Jesus how you are going to use self-control...

Now let us pray: O Holy Spirit, please help us to use your gifts to help us develop our self-control. Help us to be conscious of you working through us and to draw closer to God. Help us to think before we speak and think before we act in order to process and make the right decisions.

We ask this through Christ our Lord. Amen.

When you are ready, bring your consciousness back into the room, thinking of the words self and control. As you breathe in, concentrate on the word self... and as you breathe out, concentrate on control...take a few breaths and relax. Begin to gently wiggle your toes and fingers and slowly sit up. This story Jesus resisting temptation and using self-control shows us how strong Jesus was and we can be the same.

Following the example of Jesus, as a perfect role model, helps us to be a better person, making good choices to help others and ourselves. It can be challenging but we are all strong enough and determined to do use self-control and be a good person.

Let us finish our time together with a prayer:

Almighty Father, in this world filled with goodness, evil, pleasure, leisure, and temptations, our wish is to have the fruit of Your Spirit evident in our daily life. Grant us Father we pray, a spirit of self-control. May we face all issues in life with calmness and control. We ask this in Your name. Amen.