

# Christian Meditation

## **Virtue to Live By: Forgiveness**

I accept God's forgiveness. I show my love for God by forgiving others and myself.

I let go of my hurt feelings and give myself a new start. I give others a new start.

*"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." (Colossians 3:13)*

*"You, Lord, are forgiving and good, abounding in love to all who call to you." (Psalm 86:5)*

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

Purple cloth for Lent, torch, mirror, 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. Philip Chapman

[https://www.youtube.com/channel/UC9Fz-N\\_zG5glahvE4NWKbrw/playlists?view=58](https://www.youtube.com/channel/UC9Fz-N_zG5glahvE4NWKbrw/playlists?view=58)

[Catholic Meditation Music 1 HOUR Instrumental Reflection Hymns - YouTube](#)

**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.

## **Reflection meditation**

We come together in meditation as members of our school community. We look to God to help us practice the virtue of forgiveness. Let us take this time to be with God and focus on the importance of being forgiving, living in the light of Christ and to give someone another chance after they have done something wrong so they can make a new start. When we forgive, we let go of our feelings of resentment, anger, and revenge. We also need to forgive ourselves so that we do not give up when we have done wrong or made a mistake but have the courage to act differently and have faith that, with God's help, we can change.

Let us give time to think carefully about your actions to see how you can become a better person.

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

Jesus teaches us that God has forgiven us much, so we ought to forgive others in return. Forgiveness is very important in life because we make choices that hurt ourselves and others. If we are sorry for something that we have done or failed to do, then we can forgive ourselves. If we can forgive ourselves, we can move forward and learn from mistakes.

Jesus lives his teachings as a role model for us to learn from even when his friends betrayed him, he forgave them.

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Jesus shared the Last Supper with a disciple he knew was going to betray him. This must have been a very difficult thing to do. You might find it difficult sometimes to forgive a friend who has upset you. Let us go to Jesus to learn from him how to be forgiving.

Imagine you are with Jesus and the disciples in the Garden of Olives...Jesus has finished praying and is standing next to you...

There is a lot of noise coming from outside of the garden, listen... it is getting louder...there is angry shouting and yelling. A group of soldiers and Pharisees are entering the garden. Judas is with them. He should have been with you and Jesus and the other disciples.

Judas is walking towards Jesus...he kisses him...listen carefully...Jesus is speaking to Judas.

"Judas are you betraying the son of man with a kiss? ... Suddenly Peter takes his sword and cuts the ear of the high priest's servant.

The soldiers grab Jesus and lead him out of the garden...Peter follow them...the other disciples are running away...how could they do this to their friend Jesus? ... Follow Peter.

I will give you some time to be with Jesus and Peter. How could Judas betray Jesus?... That must have made Jesus very sad.

Jesus speaks to Peter about how he will deny knowing Jesus three time before the cock crows. Peter says he would never do this. But we know that he does.

Think about that for a moment. Talk with Peter about how he could deny knowing Jesus three times...

Is Peter sorry for what he is about to do? Have you ever done something you regret and are sorry for? Talk to Jesus asking for his forgiveness.

'Jesus, I am sorry for my sins and for what I have done to upset others. I am sorry that Judas betrayed you and that Peter denied knowing you. Help me forgive others when they upset me just as you forgave Judas and Peter. Help me love others as you love us and forgive us for our sins.'

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 forgiveness and as you breathe out, concentrate on Jesus. 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 our time with you in meditation. We are thankful for the opportunity to think about forgiveness to become better people. Help us to do and say the right thing, shining our light in doing God's work with everyone we meet. Help us to forgive others and forgive ourselves. I will try to be true to Your Word and pray that You will love me and come to make Your dwelling place within me. I promise to give You praise and glory in love and in service all the days of my life.

May we always reflect the light of Jesus. Help us to keep our faces turned toward you and help us to keep anything from coming between us and you. Amen.