

# Christian Meditation

## **Virtue to Live By: Patience**

Sings you are patient:

I can wait. I use strategies to keep myself calm.

I can do something now that will help me in the future.

I can accept things I cannot change with humour and grace.

I am patient with myself when I make mistakes. I am patient with others when they mistakes.

*"Be patient and wait for the Lord to act, don't be worried about those who prosper or those who succeed in their evil plans. Don't give in to worry or anger; it only leads to trouble." (Psalm 37:7-8)*

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

*"With all humility and gentleness, with patience, bearing with one another in love." (Ephesians 4:2)*

*"Love is patient and kind" (1 Corinthians 13:4)*

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

Purple cloth for Advent, 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 Patience i.e., symbols of Advent – wreath, advent promises etc.

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

[Advent Instrumental Hymns](#)

[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.

As we are now in the season of Advent, it is a time of waiting when we need patience. The virtue of patience can sometimes be tricky when we are excited and waiting for something good to happen, but worth the wait especially waiting for the birth of Jesus. We need patience when waiting, a virtue which can be difficult to practice if we are feel upset or angry or cannot wait for something important and exciting to happen. We need the gifts of the Holy Spirit to help us learn to be more patient. Being patient can help us develop our relationship with God. Mary showed great patience, deep faith, and trusted God when an angel told her she was going to have a baby, the saviour of the world.

As we begin our time in meditation, sit quietly, and think of the virtue patience. Take a moment to think how being patient can help you in all different situations in school and at home. Being patient

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with yourself and with others can help you build a stronger relationship with God, as we know the waiting will bring great rewards and prevent us from becoming upset or angry with ourselves and

others. God promised us, His people, that He would send His son Jesus to save us all. We wait with patience for Jesus to come and God kept his promise.

Let us go to Mary's house and be with her when angel Gabriel visited Mary to tell she was going to have a baby. Take a deep breath and relax.

You are outside Mary's house in Nazareth, a town in Galilee. It is early morning, and the sun is beginning to rise a beautiful shade of orange. You can hear a quiet tweeting of birds awaking in the trees. Turn towards Mary's house and see the door is ajar. Mary is waiting for you, enter her house. Mary is kneeling and praying...she opens her eyes and smiles at you, calls you by your name and says... "Come and pray with me."

Go and sit next to Mary. It feels good to be with her. She has such a gentle smile and kind eyes.

A bright light fills the room...it is a beautiful angel! Mary smiles at the angel. Feel the warmth from the glow of the angel.

The angel speaks to Mary, "Greetings, you who are highly favoured! The Lord is with you. "

Mary smiles at the angel. The angel turns to you and says hello. Feel your heart pound...listen... the angel is giving Mary an important message.

"Do not be afraid, Mary; you have found favour with God. You will conceive and give birth to a son, and you are to call him Jesus. He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David, and he will reign over Jacob's descendants forever; his kingdom will never end."

Mary smiles at the angel and says, "I am the Lord's servant. May your word to me be fulfilled."

Then Mary turns to you and holds your hand and says, "We must be patient for the coming of the Lord. We have an important job to do."

You nod in response... and then turn to look at the place where the angel was standing and has now gone. Mary smiles at you and gives you a hug. She tells you to be patient with God and the saviour will come.

It is time to leave Mary...give Mary a hug and say goodbye. Wave god bye and go through the door and when you are ready open your eyes and come back into the room.

Let us reflect for a few moments. In Mary we see God's patience. Think how you can be more patient. We can develop patience by seeking to do God's will and accepting His timing, trusting that He will fulfil all of His promises to us. As we learn to be patient in small things, we prepare ourselves to face larger trials with patience.

We may sometimes be faced with difficulties and need patience to understand why certain things take time to happen. We need to be patient with ourselves first. For example, when we are learning something new, like a new sport, or learning to play a musical instrument or new learning in class, it can take time to become better at it. Staying calm, persevering, and having patience with ourselves will help us to not give up and succeed. When we practice being patient with ourselves, it helps us to be patient with others as we have a greater understanding of why things take time. The outcome will be better when it does happen, and it will be the plan God has for us.

Sometimes we wish for things to happen and to happen now. But God helps us learn to be patient and gives us what is right for us. He will not let anything pass us by that is not meant for us.

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In advent remember, "You also must be patient. Keep your hopes high, for the day of the Lord's coming is near." (James 5:8)

Think about this. As you inhale, think "**patience**" ...and as you exhale think "**wait**".

We do not give up on ourselves. We have hopes and dreams and being patient and waiting and working hard will help us to be stronger and more patient with each other.

Let us finish our time together in prayer.

### **Closing prayer**

O Holy Spirit,

Please help us to use your gifts to be more patient with ourselves, with others, and with things in our lives. Help us to be more conscious of you working through us and help us to become closer to God through prayer and practising the virtue of patience in our daily lives.

Let us be more like Mary, full of patience, love and with a strong faith.

There are times when our lack of patience keeps us from becoming the kind of people God wants us to be. Guide our thoughts to you and using the gift of patience in our lives each day. May we become more patient, as Mary was and know that by being patient we will achieve great things.

We need your light Lord, in every way. We pray to be filled with your light., Amen.