

# Christian Meditation

## **Virtue to Live By: Service**

I think of the needs of others and how I can help. I am willing to give my time to serve others. I know there are different ways to serve. I know that service can bring joy to myself and others. When I serve, I discover my gifts. I serve with enthusiasm.

*"Each of you should use the gifts God has given you to serve others." (1 Peter 4:10)*

*"God will not forget your work and the love you have shown him as you have helped his people and continue to help them." (Hebrews 6:10)*

*"Whoever wants to serve me must follow me, so that my servant will be with me where I am. And my Father will honour anyone who serves me." (John 12:26)*

*"The greatest among you must be your servant." (Matthew 23:11)*

## **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 e.g.

[Christian Meditation Music – Renew your mind with God's Word](#)

[Philip Chapman Mediation Music](#)

Catholic Meditation Music on Spotify: <https://open.spotify.com/album/5OwuHsTolsu96HbH1FEvKp>

**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.

## **Service Meditation**

As we gather here today in meditation, we are going to think about how we can help others and remembering that God wants us to do good things and make a positive difference in the lives of others.

Let us take some time to be with Jesus and reflect on the virtue of service. Jesus wants us to help other people just as he helped others. Let us go and be with Jesus when he taught his disciples to serve others.

It is the night before Jesus is going to be arrested and he knows this and is very sad. You are sitting next to Jesus and the disciples are there with you in a room gently lit with lanterns. A meal is being prepared by some ladies and the food smells delicious. This is a very special time together.

Jesus turns to you and says, "Will you get me a basin, a towel and a pitcher of water?... The women will give these to you." One of the women overhears Jesus, smiles at you and points to a table in the corner of the room. Go and get the basin, towel and water and give it to Jesus.

Jesus thanks you and asks you to hold the basin saying, "I am going to wash the feet of the apostles and your feet too." You carry the basin for Jesus around the room as he washes the disciples' feet.

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Peter doesn't want Jesus to wash his feet, but Jesus tells him it is important that he does this. You and the other disciples are glad that Peter then lets Jesus wash his feet.

Jesus then takes the basin and washes your feet and asks, "Do you know why I am doing this?..."

I am trying to teach all my friends how important it is to help others." Jesus then dries your feet with the warm towel and asks you, "Will you follow my example and serve others?... Will you put other people's needs before your own?... Will you look for ways to help others rather than waiting to be asked?" ...

Now spend some time talking to Jesus telling him how you are going to help others and serve the Lord.

As we come closer to the end of another school year, think about what you have done this year to help others and what can you do further to serve others and therefore serve the Lord in doing his good work...

And now, say goodbye to Jesus... and 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 service and as you breathe out, concentrate on the words helping others. Take a few breaths, opening your eyes, slowly move your fingers and toes.

Think back to the start of this school year and all the excitement and anticipation of new learning and experiences that lay ahead of you. What have you done this year to serve the Lord? How have you followed in Jesus' footsteps and helped others?... What will you do in the future to serve the Lord?...

Our sense of mission inspires us to go above and beyond the call of duty. Let us all use the virtue of service, to continue to flourish as children of God and to continue to be of service to others.

Let us finish with a prayer.

### Closing prayer

Dear Lord,

As we come to the end of another school year, we thank you for everything you have given unto us, for every opportunity, for our teachers and adults who support our learning, for our wonderful school, for our priest and parish, our caring community and for guiding us all in every step of the journey.

As we reflect on the virtue of service, please help us to use what we have learnt this school year to be a better person going forward. We promise to put other people's needs before our own. We want to make a difference to others lives. We will look for ways to help others and do not wait to be asked.

Christ has no body but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which he looks  
Compassion on this world,  
Yours are the feet with which he walks to do good,  
Yours are the hands, with which he blesses all the world.  
Yours are the hands, yours are the feet,  
Yours are the eyes, you are his body.  
Christ has no body now but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which he looks  
compassion on this world.  
Christ has no body now on earth but yours. Amen.