

Christian Meditation

Virtue to Live By: Reflection

Statements to live by

I take time to think about the beauty and goodness in myself, others and God's world.

I reflect to see myself as God sees me.

"Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realise this about yourselves that Jesus Christ is in you?" (2 Corinthians 13:5)

"If I give away all I have, and if I deliver up my body to be burned, but have not love, I gain nothing." (1 Corinthians 13:3)

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_zG59lahvE4NWKbrw/playlists?view=58

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

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 reflection. Let us take this time to be with God and focus on the importance of being reflective and living in the light of Christ. It is important to take time to think about how we can be more Christ like and think about what you have done to learn about what went well and what you could have done differently or better. 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...

Have you ever sat outside on a bright sunny day and used a mirror to reflect the sun's light? Let's use this torch and the mirror to reflect the light onto you. As you see, as the light shines, onto a mirror the I hold up my mirror and I can reflect the light to shine on you. I am not the light; I am just letting my mirror reflect the light to shine on you. Like the moon reflects the

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light of the sun back to a dark world, we too reflect the light of Christ to a world of people in darkness.

Imagine yourself floating gently with the current in a lake, perfectly still, perfectly serene. The calmness of the water carries you, the more peaceful you become... let that peace deepen and deepen, until it fills you completely. Imagine that there is a beautiful, peaceful, shining light, shining right above the top of your head. In your mind you see it, it is incredibly beautiful, incredibly peaceful.

The light fills you mind and body, you know the light in your heart as it warms you. The light moves across your face, down your neck and shoulders. From there, it passes down your arms to your hands and fingertips. You feel so peaceful and relaxed. The light moves down your legs to your feet. It feels soothing and relaxing. Your whole body is filled with this wonderful, relaxing, healing light, it feels so good. You recognise this light to the light of Jesus.

In the Gospel of John, Jesus is called "the true light, which gives light to everyone" (John 1:9). Throughout the New Testament, the followers of Jesus are called to be lights in the darkness. So, what does it mean to shine? How can we use the virtue of reflection to be more like Jesus in the way in which we live our lives.

When we make choices in our daily lives, may our actions and words reflect the light of Jesus so that we are more Christ like. Let us take time to reflect on our behaviours, how we speak to each other, how we interact and decisions we make. Think of a time where maybe you haven't made the right decision or may have not said the right thing. What could you do to put this right? What would Jesus do?...

Spend a moment reflecting on what you can do to shine your light like Jesus. Jesus said, "Let your light shine before others" (Matthew 5:16a). He explained that no one lights a lamp just to hide it under a basket. A lamp is meant to be placed on a stand to give light to everything around it. Be reflective and know you are called to be a light to the people around you.

When Jesus said, "Let your light shine before others," that wasn't the whole sentence. He went on to give the reason why it's important to shine: "so that they may see your good works and give glory to your Father who is in heaven" (Matthew 5:16b). Our goal should never be to bring recognition to ourselves, but to bring glory to God. We should use reflection to learn how we can become more loving and compassionate, to put things right we may have done wrong and to celebrate the good things we do. Reflection is a matter of heart and knowing what the best thing to do is and doing it.

The Holy Spirit lifts us up, carries us forward and brings us deep joy and happiness.

As we go forward from this meditation, let us remember how important it is to take time for reflection, to think about what we have done, what went well and what we could have done differently and know that, "The Lord is my light and my help." (Psalm 26:1).

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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 reflection and as you breathe out, concentrate on light. 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 be reflective and 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. 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.