

Christian Meditation

Virtue to Live By: Wisdom

I take time to think about what I must do and ask God and others about it.

I help others to make the right choices

"Blessed are the poor in spirit, for theirs is the kingdom of heaven." (Matthew 5:3)

"Be very careful, then, how you live – not as unwise but as wise, making the most of every opportunity."

(Ephesians 5:15)

"For the Lord gives wisdom; from his mouth come knowledge and understanding." (Proverbs 2:6)

"How much better to get wisdom than gold, to get insight rather than silver!" (Proverbs 16:16)

"Be wise in the way you act; make the most of every opportunity. Let your conversation be always full of grace so that you may know how to answer everyone." (Colossians 4:5-6)

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.

[Wisdom Instrumental Worship Meditation music](#)

[Philip Chapman Meditation Music](#)

Catholic Meditation Music on Spotify:

<https://open.spotify.com/album/5OwuHsTolsu96HbH1FEvKp>

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.

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As we gather here today in meditation, we remember God wants us to do good things...the gift of wisdom can help us to love those around us to love those around us, especially those in need and in the same way, the virtue of wisdom can help us in knowing what is right and wrong and to make good decisions based on our wisdom.

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The book of Proverbs in the Bible is full of wise sayings. King Solomon asked for wisdom instead of riches or a long life, so God gave him wisdom unlike anyone else. Daniel was also very wise, because he walked in the ways of our Lord. The Bible is full of wise men, but they all had one thing in common. They knew the Will of God and followed His Word.

Let us take some time to be with God and reflect on the virtue of wisdom in the story of King Solomon.

King Solomon was the son of David and a great king over Israel. He was known especially for his great wisdom, which was a gift from God.

As you listen to this story, imagine you are there with King Solomon and pay attention to what God promises to King Solomon after he prays for wisdom.

King Solomon went to Gibeon to offer a sacrifice to the Lord. God appeared to him in a dream there and said, "Ask what I should give to you. I will grant you whatever you ask."

Solomon answered in prayer, "You have shown great and steadfast love to your servant my father David. He was faithful to you and righteous. And now, Lord, you have made me, your servant, king in place of my father. I am still so young. There is so much for me to learn. There are so many people that I am to rule over as your servant."

Solomon paused for a moment, thinking about what he should ask for from the Lord. Then he prayed, **"Give your servant wisdom to govern your people and discern between good and evil."**

God was pleased with this prayer. "Because you have asked for wisdom," he said, "and not for a long life, great wealth, or the death of your enemies, I will answer your prayer. I give you a wise and discerning mind like no one before you or after you. I will also give the things you have not asked for.

I will give you wealth and honour all your life. And if you walk in my ways and keep my commandments, I will also give you long life."

Solomon woke up and returned to Jerusalem to pray in thanksgiving to God for these many gifts.

Take a deep breath and slowly exhale thinking about this story.

When you pray to God, what do you ask for? new toys? games? Holidays? Do you ever ask God for the gift of wisdom like King Solomon? ...

The wisdom of the Beatitudes begins with the simple message: Place your trust in God. Surrender your will and place your trust in God. Open your mind to the power of the Holy Spirit. If we turn to God and pray for his grace, and look to help those in need, God's wisdom can flow into our lives. To become poor in spirit by putting God and others first is the first step on our faithful journey to live and lead by the beatitudes. Jesus shared the gift of wisdom in his teachings to the disciples and with us to help us to be the best version of ourselves.

Think of a time when you have been called upon to help someone...perhaps it was a friend or family member ...or perhaps it was a time you were asked to help people in your community or in another country that school or church were helping. How did you help in this situation? ...What made you feel moved to do something to help?... How did helping others help you to

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develop your wisdom of God's presence in the world? ...How did you take the idea of helping someone become a reality? ... Spend a moment thinking about this...

Jesus teaches us that the sometimes the smallest of things that we do to help can make the biggest difference. When we listen to God and do His will, we are using the special gift of wisdom and will grow in virtue.

We are all made in the image of God, we are his children destined to be like him. When we trust in God and his endless wisdom, we see with his kind of eyes and know all will be well. This will help us to live each moment, learning from our mistakes, accept others in theirs and grow in virtue of wisdom and happiness.

As you inhale, think "wisdom" ...and as you exhale think "learning".

Think back to the start of this school year and all the exciting learning that lay ahead of you. What have you learned this year? ... How have you used God's gift of wisdom to learn from your mistakes, to help others and to become a better person?... Have you used your time wisely this school year?...

What wisdom will you take from this year and use going forward in the future?...

We are living God's mission which is a source of wisdom. Our sense of mission inspires us to go above and beyond the call of duty. Let us all use our wisdom from our experiences this year, to continue to grow in wisdom, to trust in God, to grow in inner strength and to continue to develop our strength of character.

To be more like God and grow in wisdom gives us endless possibilities and opportunities in life.

Spend a moment telling Jesus how you feel this school year has gone for you and what you will do to grow deeper in wisdom going forward...

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 wisdom and as you breathe out, concentrate on learning. 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,

As we reflect on the virtue of wisdom, please help us to be wise in using what we have learnt this school year in our curriculum, socially, morally and spiritually to be a better person going forward.

Using your gift of wisdom, may we be more like You and learn how to use our experiences to always do what is right and live in your image as you intended.

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.

May we continue to grow in wisdom and to be further inspired by Jesus as our guide.

Thankyou Lord for loving each, and every one of us. Amen.