

## Christian Meditation and Children Today

Teaching children to meditate is a wonderful privilege and challenge today. Experience shows that children can be still and silent and enjoy it, and like adults, they yearn for the experience of being close to God. It is essential that we

1. Recognise that each child is born as a spiritual being
2. Honour each child's relationship with God
3. Always try to make the experience of meditation positive
4. Never judge the child's meditation.

In meditation words are not important. By allowing communication through stillness, silence, and the senses, we can trust in God to do the work of God and to talk to the children in the silence. It is the Holy Spirit who prays in us and through us.

Meditation is like going on a journey to the centre of oneself. In every heart there is the God's kingdom. Your heart /soul is the home of God inside you, a holy place to sit and be with God, a holy place to pray each day. And though you cannot see your heart, your soul, you know it's there, just like the air. So when you close your eyes and open your heart/soul you are with Jesus, your friend and God, our loving Father, who prays within you. God wants you to sit with him so that he can keep you company, and wrap you in his love.

It is easy. It only takes a few minutes to do it. You will need a code, a sacred word, to enter into that sacred, holy space within you. You choose your own sacred word to enter. Here are some special words to pick and choose from:

*Jesus, Iosa, Abba, Criost*

Choose your sacred word, your code to enter into this holy place within you.

Repeat it like a whisper in your heart, and only God will hear it.

### **Begin:**

Prepare to meditate by inviting the children to tidy away anything that distracts them from being quiet and still. (*Tidy the desk and put away pencils, books etc. Push the schoolbag out of the way of your feet, as you need a comfortable space to meditate.*)

Prepare a simple *Sacred Space* by using a candle and an image.

Let us go and sit with God for one minute.

Sit comfortably.

Play a little soft music to calm the children down & then turn the volume down gradually until fully silent...

Invite the children to:

Feel your feet firmly touching the ground

Feel your back being supported by the chair/desk

Your hands resting on your lap...your knees

Close your eyes gently...or just cast them down.

Simply notice the sounds outside the room...

Listen to the stillness within the room...

Become aware of your breath as you inhale and exhale

Become aware of the rhythm of your breath - the rise and fall of the movement within your chest area.

Begin silently to say your secret word in your heart, or in your mind, e.g. Iosa.

**'Io'** ...in your in-breath... **'sa'** ...in your out-breath = **(Iosa)**

**or**

**'Ab'** ...in your in-breath, **'ba'** ...in your out-breath = **(Abba)**

**or**

**'Je'** ...in your in-breath, **'sus'** ...in your out-breath = **(Jesus)**

*Pick your 'Sacred word'. Begin.*

*{Use your sacred prayer word...Iosa, Jesus, Abba...in a silent act of love and faith. It is an expression of your desire to sit in the company of God and let him wrap you in his love. When you find yourself thinking of something else, return to your sacred prayer word. Let all your thoughts float away out of your head. There may be sounds and noises outside...cars, birds, a dog etc. It is all okay. No matter what you hear or think about, inside and out, just repeat your word gently, softly, quietly. It will be heard, in your heart, by God.}*

*Here I am God. I want to spend time with you.*

*Come pray within my heart.*

**Prayer**

**“Welcome, Holy Spirit, pray with me and in me now.”**

*Use a gong to signal that this is sacred time. We are about to sit with God.*

God is within you, in the quiet. Rest with him. (*Count the minute from now*)

When the minute is up...use the gong to signal the end...

Invite the children to gently open their eyes and stretch their hands.

While I meditate  
God prays within my heart.  
God prays within my heart  
While I meditate

While I meditate  
God prays within my heart  
In my mind and spirit, too  
While I sit and meditate