

Teaching Christian Meditation to Children

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 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. Within every heart is God's kingdom. Your heart 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, you know it's there. So when you close your eyes and open your heart 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 choose from:

Iosa, Abba, Criost, Shalom, Maranatha

Choose your sacred word, your code, to enter into this holy place within you. Let your breath whisper it within your heart, and only God will hear it. Repeat it silently with each breath you take. This is a very special time, as you are sitting in the presence of God, a God who has chosen to make his home within you.

Prepare:

Invite the children to tidy away anything that distracts them from being quiet and still...pencils, books etc.

Make space for your feet.

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

Play a soft music to calm the children & gradually lower the volume until fully silent.

Let us go and sit with God for one or two minutes.

Invite the children to:

Sit up straight in a comfortable and relaxed position.

Feel your feet firmly touching the ground

Feel your back being supported by the chair/desk

Resting your hands on your lap...your knees

Close your eyes gently...or focus them on the candle, or simply cast your eyes down without bending your head and neck.

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 mantra, your sacred word, in your heart, using the rhythm of your breath 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

'Shal' ...in your in-breath, **'om'** ...in your out-breath = **(Shalom)**

'Cri' ...in your in-breath, **'ost'** ...in your out-breath = **(Criost)**

Choose your Mantra, your Sacred word. Say it with full attention.

{Let your breath breathe your mantra: 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 mantra, 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, just repeat your word gently and silently. It will be heard, in your heart, by God.}

Prayer

"Welcome, Holy Spirit,

Pray with me and in me now."

Using a gong to signal the beginning and ending is very helpful.

Keep an eye on the time!

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

SEE:

Website: www.wccm.org