

The Practice of Meditation for kids!

What is Meditation:

“Christian meditation is the ability to hear God’s voice and obey his word.” (taken from Celebration of Discipline)



Meditation allows us to set aside specific time to reflect upon Scripture, to center our body, emotions, mind and spirit, so we can focus on our relationship with our God.

One way to get your mind and body ready for meditation has been called **re-collection or centering down.**

Here is a brief exercise to help you in centering down.

It’s called “palms down, palms up”

Sit some where comfortable and place your palms down and share with God any concerns you have.

Do this for a minute or two.

Next place your palms up and sit quietly “listening” to God.



Trace this Cross with your finger as you spend quite time with Jesus.

Start at the top.

As you trace the 1st line breath in . On the next line breath out and continue this as you trace the entire cross.



Next trace each line of the cross again, but say a “breath” prayer.

Such as:

Jesus (breath in)
be with me (breath out)
or Holy Spirit (breath in)
be with me (breath out)

or
Jesus (breath in)
Loves me (breath out)

or
Make your own breath prayer!

Meditating on scripture:

Read a bible story or a verse or two from that story. Talk to your children about it and ask them if a word or phrase stood out to them and have them think/reflect on it for a minute. After the minute of reflection ask what they think the word or phrase mean for them as a child of God.



Meditating on Creation:

As a family, take a walk, or go for a hike or a park and take time to quietly listen to nature and reflect on all that God has blessed you with.

Take a leaf or a flower and really look at God’s creation. Reflect on God’s amazing ability to create all that is around us!

