

Meditation Method: Junior

- Sit comfortably and close your eyes lightly.
- Choose a prayer word to say during the meditation time.
- Say your prayer word gently on the inside, listen as you say it.
- Use your breathing to help.
- Whenever you start thinking about something else, return gently to your prayer word again.
- Let your thoughts go like clouds in the sky drifting past.
- Stay with the same prayer word.
- At the end of the meditation time, remain in silence for a few moments.

Purpose

- Our prayer word reminds us of God's presence with us.

Meditation helps us:

- to slow down and be still, create space for God
- to know that God loves us.

Prayer words

Jesus

Peace

Love

Trust

Yes

Jesus, you are with me

Help me

Maranatha

Shalom

I love you Jesus

Jesus, my friend

Do not be afraid

I trust in you

Peace on earth

Be still

Let it be

I love you

Abba

Thoughts

Thoughts may include thinking, feelings, images and memories.