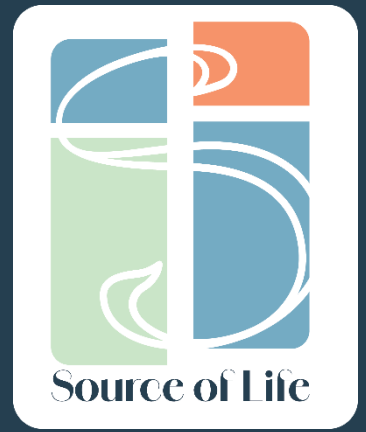


APPENDICES



YEAR LEVEL	9 & 10
TITLE	Meditation Script
STRAND	Prayer
APPENDIX	4

Appendix 5 – Meditation Script

Today, we will reflect on the moment when Jesus called His first disciples. This is a significant moment in the Gospel of Matthew, where Jesus invites ordinary people to follow Him and become 'fishers of men.' As we meditate on this passage, let's open our hearts to the call of Jesus in our own lives."

Find a comfortable position, close your eyes, and take a deep breath. Let go of any distractions or worries, and simply focus on being present in this moment. As you breathe in, invite God's peace into your heart. As you breathe out, release any tension or concerns you're carrying.

(Pause for a few moments of silence to allow students to settle into the meditation.)

Imagine you are walking by the Sea of Galilee. You can feel the soft crunch of the sand under your bare feet. The water is cool and refreshing as it gently laps over your toes. You can feel the warmth of the morning sun on your face as the sun slowly rises over the mountains in the distance. You feel the breeze gently flow through your hair.

As you walk alongside the water you can see the waves gently lapping against the shore. In the distance you can see fishermen are working nearby, casting their nets into the water. You can hear the soft, friendly chatter as they go about their everyday job.

In the distance, you can see a man walking along the shoreline.

As he comes closer into focus you recognise him as Jesus. There is a calm that sweeps over you as you recognise him. Jesus is calm and purposeful.

You notice that Jesus is walking towards a boat out on the Sea. Inside the boat are two brothers busily going about their jobs. Throwing the net and reeling it back in. Throwing it out and reeling it back in. You notice that each time they bring the net in it contains very few fish. They seem disappointed and exhausted.

As you move closer you can hear Jesus speaking with the two brothers in the boat, who he addresses as Simon and Andrew. They are talking and casting their nets into the sea. You hear Jesus call out to them, 'Follow me, and I will make you fishers of men.' Without hesitation, they drop their nets and follow Him.

(Pause for a few moments to let students visualize this scene.)

Now, imagine you are there, standing on the shore. You see Jesus walking toward you. He stops in front of you, looks into your eyes, and says, 'Follow me.'

(Pause for a few moments to let students visualize this scene.)

How do you feel as Jesus invites you to follow Him?

Are you ready to leave behind your own 'nets'—your distractions, your fears, or anything that might hold you back from fully following Him?

(Pause to allow for personal reflection. Encourage students to silently consider their response to Jesus' call.)

As you continue to reflect, think about what Jesus is calling you to today.

It may not be to leave a job or home, but perhaps He's asking you to be more loving, to serve others, or to trust Him more deeply.

Let Jesus' words echo in your heart: 'Follow me.' Hear Him saying your name, inviting you personally to walk with Him, to trust Him, and to share His message of love with the world."

(Allow a few minutes of silence for students to meditate on this invitation and how it applies to their lives.)

Let us close in prayer:

Lord Jesus, just as You called the first disciples, You call each of us by name to follow You. Help us to respond with faith and courage, leaving behind anything that holds us back from fully trusting You. Guide our steps as we seek to live out Your call in our daily lives. May we be 'fishers of men,' sharing Your love and light with those around us. Amen

Now you are going to come back into our space today. Gently open your eyes and return to the room.

(Allow a few minutes of silence for students to close the meditation and return to the space)