

# APPENDICES



YEAR LEVEL	Foundation
TITLE	WE CAN PRAY TO GOD
STRAND	Prayer and Discernment
APPENDIX	2

## Scripture Meditation

### Jesus Prays – Mk 1:35-39

*Let us now gather on the floor for our meditation, closing our eyes and holding our hands open to receive this story about Jesus.*

*It is now very early in the morning. You can see the darkness of the night all around you. It is quiet and very still.*

*In the distance you can now see Jesus. He is alone after leaving his house. As he walks along you just watch him for a while, traveling along the dusty road. He seems to be heading towards a solitary place, a place where he can be alone. What do you notice about this place? Jesus chooses to spend some time in prayer, to be with God and listen to the spirit within him. I wonder how Jesus feels at the moment?*

*What do you notice about Jesus as he prays?*

*You can see a few of Jesus' disciples, Simon and his companions. They have been looking for Jesus everywhere. Eventually, they find him alone in prayer. When they reach him they exclaim, 'Everyone is looking for you!'*

*Jesus replies to his disciples, 'Let us go somewhere else, to the nearby villages, so I can preach there. Jesus had a very important job to tell everyone about God's love and how important it is to care for those in need. You can see Jesus and the disciples now walk on towards the villages in the distance.*

*After visiting the villages, Jesus travelled throughout a place called Galilee. He preached the Good News about God's love in synagogues. These were special places where Jewish people came to pray to God.*

*Just be with Jesus. You may like to talk to him and listen to what he wants to say.*

*I wonder what it was like for you to hear this special story today.*