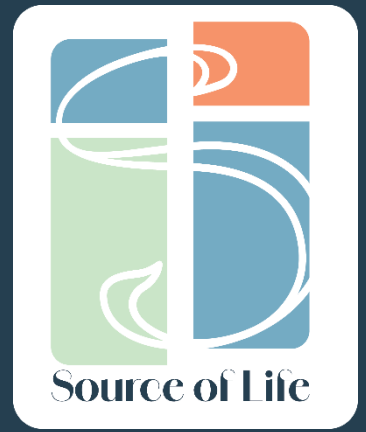


APPENDICES



YEAR LEVEL	Foundation
TITLE	WE CAN PRAY TO GOD
STRAND	Prayer and Discernment
APPENDIX	3

Christian Meditation

This meditation uses silence (apophatic prayer) in the place of words. You will need a Singing Bowl for this meditation. With Foundation, begin with 2 minutes of silent meditation and gradually increase it to about 5 minutes when the class is ready. You will be able to get a sense of this yourself.

Invite students to gather in a prayer circle and sit in a prayerful pose – legs crossed and hands open. This could be inside or outside.

Leader:

Today we are going to experience Christian meditation. This is another way for us to be with God in prayer and know how much God loves us always.

Let us now close our eyes and sit quietly, just focussing on yourself for now,

breathing in nice and slowly, feeling your lungs fill up with the gift of air,

breathing out any worries or concerns that trouble you today.

(repeat 2 more times)

As I sound the Singing Bowl to begin our time of Christian Meditation, I invite you to focus on the peace and love God offers you today. I will sound the Singing Bowl to also end our time of Christian meditation.

(sound the Singing Bowl to begin, students now sit in complete silence, sound the Singing Bowl to end)

I wonder how this meditation was for you today.

Would anyone like to share what their experience of Christian Meditation was like today? How did it make you feel?