

## Christian Meditation

Christian Meditation is silent prayer. It is one of the oldest prayer forms in our Catholic tradition. It is not guided meditation but a word said reverently, over and over again in the silence of our body. This is sacred time and space. This meditation is resting in God.

### Is it possible?

"It may seem a paradox to many that children (and youth) can be silent and enjoy it, but like adults they also yearn for the experience of meeting God."

Ernie Christie, *Coming Home: A Guide to Teaching Christian Meditation to Children*

### For how long?

It is recommended that children and youth meditate one minute for every year of chronological age. With any meditator, we build up to the recommended length of time (5 minutes).

### Learning Outcomes

"The sort of commitment that we need—the commitment to meditate everyday and, in our meditation, to say the mantra from beginning to the end...There is no half measure.

That is what Christian prayer is all about. A commitment to life, a commitment to eternal life. As Jesus himself put it, the kingdom of heaven is here and now, what we have to do is to be open to it, which is to be committed to it"

John Main, OSB, *Moment of Christ*

St. Paul outlined the Fruits of the Spirit in his letter to the Galatians 5:22:

Love,  
Joy, Peace,  
Patience,  
Kindness,  
Goodness,  
Fidelity,  
Gentleness and  
Self Control

Our children and youth need these fruits as they journey through life. Christian Meditation will help provide these valuable resources. We as parents, catechists and Church, we need to step forward and give them what they so desire. We need to provide a way that their hearts can become God's heart. It is what God is calling us to do and what the world today needs.

### Resources

- A Guide for teaching Christian Meditation to Children for Teachers and Parents: [www.cominghome.org.au](http://www.cominghome.org.au)
- The School of Meditation: [www.theschoolofmeditation.org](http://www.theschoolofmeditation.org)
- The world community for Christian meditation: [www.wccm.org](http://www.wccm.org)

## Christian Meditation with Children and Youth



Archdiocese of San Francisco  
Office of Religious Education and  
Youth Ministry



### A Guide for Prayer Leaders

Created in collaboration and permission of  
Ernie Christie  
Townsville Catholic Education Office  
Australia  
World Community of Christian Meditation

## As a Prayer Leader, remember...

- Every child is born as a spiritual being
- Be prepared to work with and alongside the child
- Be an observer when leading, not a meditator
- Listen to what the child has to offer
- Honor each child's relationship with the divine
- Always try to make the experiences of meditation positive
- Never judge the child's meditation

### Words to say to get ready for Christian mediation



Sit very still with your back straight



Close your eyes gently



Sing the opening song



Say your word, to yourself silently. Stay with the same word during the whole meditation. If you find your mind wandering, return to the word.



Continue saying your word until you hear the bell



Sing the closing song

## Opening and Closing Prayers

### Opening Prayer

Dear God, open our hearts to the silent presence of the spirit of your son. Lead us into that mysterious silence where your love is revealed to all who call.

Maranatha... Come, Lord Jesus.

### Closing Prayer

May this class be a truly welcoming place to all who are part of it.

May all in this group rejoice in each others' differences and offer the gift of friendship always.

May those who pray here be strengthened by the fruits of the Spirit: Love, Joy, Peace, Patience, Kindness, Goodness, Trustfulness, Gentleness, and Self-control.

In the silence of this room may we find the strength to help one another. May the silence uplift our human spirit. May this silence open our hearts to the love of God and to each other.

May God fill the hearts of all who pray here with joyful hope.

May all who pray here together leave giving thanks for the awe and wonder of life.

We make this prayer through Jesus.

Amen.

## Songs to sing from "Open our Hearts" Michael Mangan and Anne Frawley-Mangan

### Opening Song

Open our hearts

Jesus, open our ears to hear your voice,

Open our eyes to see your face,

Open our mouths to speak your words,

Open our hearts to your love,

Open our hearts to your love.

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### Closing Song

Jesus, my Friend

Hold me, close to You

Jesus, my friend.

Help me, be like You

Jesus, my friend. To love like You, to live like You

Jesus, my friend

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