

Year C - 4th Sunday of Easter

John 10:27-30

Guided meditation



Get the children to spread out around the room and find a space where they can't touch anyone else, then lie down flat and close their eyes.

Turn the lights down and play some reflective music. Then slowly read out the following.

Script

[Begin in a calm, soft voice]

Sit back comfortably, relax, and close your eyes. Focus on my voice as we take some deep breaths together.

Take a big, deep breath in... hold it for just a moment... and now slowly breathe out. Let's do this three times together. Breathe in deeply... and out. One more time. Breathe in... and out.

Now, imagine you're outside in a beautiful, warm, soft field. You're all by yourself. You can feel the soft green grass beneath you as you lie down, and the warm sunshine touches your skin gently. It feels peaceful, calm, and safe.

There's no one else around, and it's so quiet that you can hear the soft rustle of the breeze. But then, you hear something... it's someone calling your name. At first, it's very quiet—almost like a whisper. But then it becomes clearer and louder. You can't see anyone yet, but the voice feels familiar. It's as if you've known this voice your whole life.

Now, you see someone walking across the field toward you. It's Jesus. He's calling your name with a smile on His face, and He's waving at you. His voice feels warm, kind, and full of love. How do you greet Jesus? Do you smile back? Do you wave or run to Him? Think about what you would do.

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Quiet Reflection



He comes up to you, and you both sit down on the soft grass together. You can feel His presence—it's full of love and joy. Now, take a moment to imagine you're talking with Him. What do you say to Jesus? What does He say to you?

[Pause for silence to give them time to reflect.]

The sun begins to set, and you notice the warm sunlight isn't as bright anymore. The day is coming to an end, and it's time to go home. Jesus stands up with you, and it's time to say goodbye to Him—just for now.

How do you say goodbye to Jesus? What does He say to you? Imagine this moment for a little while.

[Pause for silence again.]

Now, you turn around and start to walk across the field, heading home. You feel peaceful knowing Jesus is always with you, even when you can't see Him.

Focus again on your breathing. Take a deep breath in... and out... in... and out. Notice the ground beneath you and the sounds around you now. Be fully present here.

When you're ready, open your eyes slowly and sit up quietly.