

# Year C - 23rd Sunday in Ordinary Time

## Luke 14:25-27

*Guided meditation*



Prayer is an important way of putting God first.

Begin by talking to the children about the many things we like to do with our time - playing, games, eating, shopping, sports etc. Praying is putting these aside to spend time with God. God loves to spend time with us and is always ready and waiting for us!

To set the scene for this prayer, have the children lie down on the floor on their backs in a relaxed manner. You may want to get them to stretch a bit first to help them settle. Have them take a breath and gently close their eyes. Then read the following guided meditation.

At the end, you might invite the children to share what Jesus said to them as they were praying.

### Guided meditation:

Imagine that you are sitting at the beach.

The sand is white and sparkling in the sun, the water so clear that you can see fish swimming among the gentle waves.

The warm sun and the cool breeze are touching your skin and you feel so relaxed and peaceful.

It's so good to be in this beautiful place. You take a slow, deep breath and fill your lungs with fresh, sweet oxygen. It makes your heart so happy and content.

As you look around this beautiful place you notice Jesus walking towards you on the beach. He is smiling at you!

As he comes closer, you notice his clothes and his hair and his face. His eyes are filled with love and joy and peace.

Finally, Jesus comes to sit right next to you! He is so excited to see you because he wants to hear all about you and how you are going. What do you want to tell him? In your heart, tell Jesus whatever you want. [pause]

It feels so good to talk to Jesus. You can see he's listened to every word and he loves you no matter what.

Now Jesus has some things to tell you. Look at Jesus and listen with your heart as Jesus speaks to you. [pause]

What is the one, special thing Jesus has said to you that you really want to remember? Say it over again to yourself.

It's time to go on with the day now but Jesus will still be with you. Take another deep breath and a stretch. When you are ready open your eyes and sit up.

