

Pentecost

Guided meditation



"A Gift for You"

Orientation

Prayer through meditation can be a powerful tool to be present with God through use of your imagination and creativity. Using imagination and emotions your true self can be brought to the forefront whilst in God's comforting presence.

Before the children find their own space ask them to shake their arms and legs and get their wriggles out. Ask the children to find a space by themselves, lie back and lead them in stilling their bodies and minds through breathing in and out.

Once they are still and peaceful, read the meditation script.

Script

Imagine that you are walking along the beach. The sun is shining and cool breeze touches your skin. It feels so lovely. As you walk you listen to the waves crashing against the shore and the strength of the ocean amazes you. You walk close enough to the water's edge that gently, as the tide comes in, you feel the cool fresh water licking at your feet. It feels delightful.

After awhile, you hear God speaking to you. You begin to really listen. God says to you, "I have a gift for you." You wonder what it could be. God holds the most beautifully wrapped present out to you. You unwrap it slowly and look inside. You are still not sure what the gift could be. God whispers, "This is special gift just for you. It will help you know, I am with you always. It will guide you to know my voice and move you to do my work. It will make you brave and strong so you can be the best version of you, you can be. Then God tells you the name of this special gift. It is the Holy Spirit. God's very own Spirit. You look at God and smile because you understand what God has given you. You feel warm and happy inside knowing God will never leave you. You feel more confident and brave and want to share this gift with others. You talk to God awhile about how you can use this special gift of the Holy Spirit to make the world a better place. You share with God your innermost feelings on this special gift. God asks you to look after this gift and listen and talk to the Holy Spirit everyday. You thank God and continue your walk along the beach and feel completely at ease with the sounds and feels of the ocean, creation and your life.

Outro

When enough time has passed gently get invite the children to sit up, open their eyes and stretch. Ask the children about how they felt during the prayer. If anyone would like to share what they received and how they felt give them the space to do so.