



THE BAPTISM OF JESUS - GUIDED MEDITATION

BACKGROUND

In the Gospel of Mark (1:9-11), we read about the Baptism of Jesus in the Jordan River. As Jesus comes up from the water, the heavens open, the Holy Spirit descends like a dove, and the voice of God the Father says, "This is my beloved Son, with whom I am well pleased." This moment is important because it shows us how Jesus was filled with the Holy Spirit and publicly affirmed as the Son of God. It marked the beginning of His mission on earth to teach, heal, and bring God's love to the world. This connects beautifully to the Sacrament of Confirmation. In Confirmation, we too are sealed with the Holy Spirit in a special way. The Catechism of the Catholic Church tells us that Confirmation "roots us more deeply in the divine filiation" that means we are grounded in the assurance that we are truly God's beloved children and it "gives us a special strength of the Holy Spirit to spread and defend the faith" (CCC 1303). Just as Jesus was empowered by the Spirit at His baptism, we are strengthened by the Spirit in Confirmation to live out our faith with courage, love, and joy. So when we hear the story of Jesus' baptism, we remember that God also says to each of us: "You are my beloved child. I am with you."

INTRODUCTION

This meditation could be used with children after they have heard the story of Jesus' baptism. In preparation, invite the children to sit in a circle, on chairs, or on the floor (depending on the group, you might even invite them to lie on the floor). It is important to create a peaceful, reflective atmosphere, to enable children to enter more fully into a meditation. You may like to play gentle instrumental music while children settle and in the background while you lead them through the meditation. If possible darken the room. You may like to place a candle in the centre of the group.

It is designed to help the children get in touch with their own baptism, and of God's extraordinary love for them. It makes space for a moment of personal encounter with God for each child.

Prior to engaging in this guided meditation, it would be helpful for the children to be familiar with the scripture story of Jesus' baptism.

THE BAPTISM OF JESUS - MARK 1:9-11

About that time Jesus came from Nazareth in Galilee, and John baptized him in the Jordan River. As soon as Jesus came out of the water, he saw the sky open and the Holy Spirit coming down to him like a dove.

A voice from heaven said, "You are my own dear Son, and I am pleased with you."





GUIDED MEDITATION - Remembering your Baptism

Leader

I invite you to sit comfortably and quietly. Rest your hands in your lap with your palms open, and sit up tall with your back straight (Alternatively, you may have the children lie down on the floor in a comfortable position).

Let's take two slow breaths together to help our bodies feel calm.

Breathe in... and out.

Breathe in... and out.

Now gently close your eyes.

We've just heard the wonderful story of Jesus' baptism. Jesus was baptised as an adult, but most of us were baptised when we were babies, so we might not remember it. Maybe you've seen photos or a video of your baptism? PAUSE...

Let's imagine together. You're standing at the door of a church. PAUSE...

You gently push the door open and step inside.

As you look around, you see many beautiful things.

You walk further in and notice a lovely baptismal font filled with crystal-clear water.

Nearby, a large candle glows. It's the Easter candle.

Its flickering flame shines brightly, reminding everyone that Jesus' love is stronger than anything!

You also see a little table with special things just for you: Your baptismal candle, a white garment, and the holy oils that will be placed on your chest and forehead.

Now look around and notice your family and friends. They are all here, and they love you so much! PAUSE...

Look at their faces. What do you think they are feeling? PAUSE...

What do you think they are thinking? PAUSE...

You hear the priest invite your parents and godparents to bring you to the water.

This is not just any water—it is blessed. The priest holds his hand over the font and prays, asking God to send the Holy Spirit upon the water. You feel yourself being gently carried to the font.

You close your eyes and feel the cool water trickle over your forehead three times as the priest calls your name and says:

"I baptise you in the name of the Father..." You feel the water for the first time. It's cool and refreshing.

"and of the Son..." The water trickles again, flowing over your skin and through your hair.

"and of the Holy Spirit..." The water comes a third time. You feel lifted up, and you hear joyful sounds from your family.



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GUIDED MEDITATION

Leader

You are loved! You are a child of God—precious and unique.
God says, “You are my own dear child, and I am pleased with you.”
Take a few gentle breaths and let the feeling of God’s love fill you up.
PAUSE...

Now, imagine the Holy Spirit whispering in your heart: “You are loved. You are never alone.”

As you prepare for Confirmation, remember: The Holy Spirit will come to you in a special way, just like at your baptism. You will be strengthened to live as a follower of Jesus and to share his love with everyone you meet.

Let’s finish with a quiet prayer:

“Thank you, God, for loving me and calling me your child. Help me to follow Jesus and share your love with others.”

Take a moment to wiggle your fingers and toes. Have a stretch. And when you’re ready, gently open your eyes and blink a few times.

DEBRIEF

After the guided meditation, invite the children to share what the experience was like for them.

Possible discussion questions include:

- What part of the meditation did you like the most? Why?
- How did you feel when you imagined the water being poured on your head?
- What do you think it means to be called a “child of God”?
- Who did you imagine was there with you at your baptism?
- What do you think your family and godparents were feeling when you were baptised?
- How do your family and friends help you grow in your faith?
- What do you think the Holy Spirit is like?
- Did you feel close to God during the meditation? What helped you feel that way?
- What do you think God wants you to remember from your baptism?
- What are you most looking forward to about your Confirmation?
- How do you think the Holy Spirit will help you after Confirmation?
- What kind of person do you want to be as a follower of Jesus?

Suggestion: after this debrief, give the children time to reflect on their experience by writing or drawing something they want to remember from the meditation.