

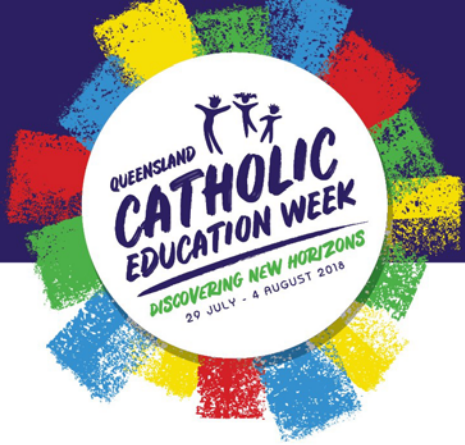


# Prayer Meditation for Early Years for Catholic Education Week 2018

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## A Meditation of Discovery and Joy

Prayer can be said outside, under a tree or just a quiet area.

Before the meditation starts, have children shake their arms and then legs one at a time. Now have them shake their whole body. They may also go for a short walk to notice new things around the school they may not have noticed before.

Now have the students lay down on the grass and look at the horizon. Ask them what they see. Where does the horizon start and where does it end? What do you notice? What shape are the clouds?

Let us now practice our breathing.

Prepare for silence and stillness

Sound prayer chime/bell/ Singing bowl to call all present to stillness and silence.

### **Leader:**

Let us begin prayer with a time of silence and stillness to journey within ourselves. Let us take time to focus on our breath ... let us slow down our breathing and listen to the pattern and rhythm of our breath... the in breath and the out breath.

We will close our eyes or look down at our hands and sit as still as we can ....

Let us TAKE 5 ..... Take 5 slow and mindful breaths.... Listen for the count

1... Breathe in ... Breathe out. Let us think about peace. On your 'in breath' breathe in peace and on your' out breath' breathe out peace

2... Breathe in ... Breathe out.

3... Breathe in ... Breathe out.

4... Breathe in ... Breathe out.

5... Breathe in ... Breathe out.

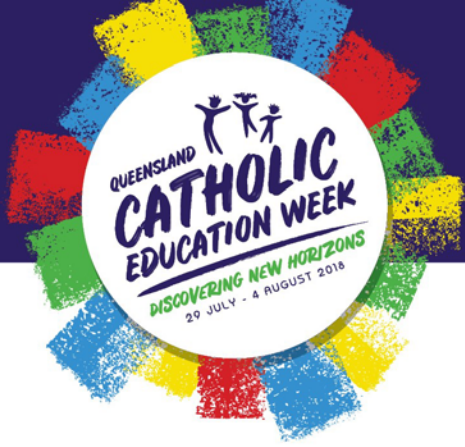
(Give children a few minutes after each question to think and listen.)

Let us talk to Jesus in our minds. Image that Jesus has come to our school.

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How would we welcome him? What would we say?

What questions would we ask him?

Now Jesus is next to you and says 'Hi, how are you?'

What will you say to him?

What would you thank him for?

Do you want him to help you with a problem?

What is he telling you?

Jesus is waving goodbye.

### **A Prayer to leave this Sacred Space**

**Leader:**

God of joy you are with us. You know us and listen to us. You love us and forgive us.

God of joy you are with us.

**All: God of joy you are with us**

**Leader:**

God of joy, listen to our prayers ...

When we know someone is feeling sad, left out or lonely, help us be friendly and caring.

May we be friendly and caring

**All: May we be friendly and caring.**

**Leader:**

When we know someone is sick or worried, help us to be gentle and respectful.

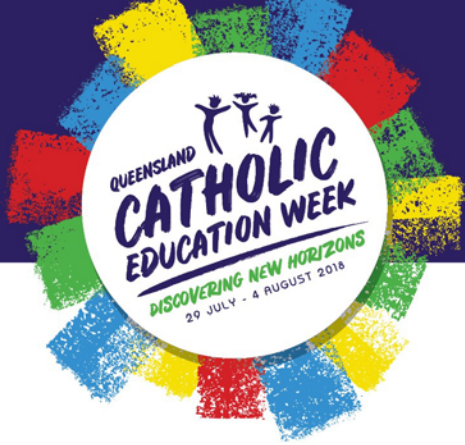
May we be gentle and respectful

**All: May we be gentle and respectful.**

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**Leader:**

When we know that we have hurt someone with our words or actions, help us to be sorry and make up.

May we be sorry and make up.

**All: May we be sorry and make up.**

**Leader:**

When we know that we have been hurt by someone, help us to forgive them and say how we feel.

May we forgive and say how we feel.

**All: May we forgive and say how we feel.**

**Leader:**

God of joy, you are with us. You know us and listen to us. You love us and forgive us.

God of our journey you are with us.

**All: God of joy you are with us.**

**Leader:**

As we end this time of prayer let us leave this sacred space knowing that God loves us and is always ready to hear our prayers.

**All: Amen**

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