



## CHRISTIAN MEDITATION – A GUIDE FOR STAFF



Resources on Sharepoint: 'Teacher Admin' – 'Meditation'

1. Prepare the room.  
Put a sign on the door, play gentle music (perhaps the 'Piano Breathing Track'), prepare a candle, turn lights off, etc.
2. Set a Christian context for the session. Explain that we are going to spend time in God's presence and love. You may wish to use one of the following phrases:
  - Let's place ourselves in God's presence, who is always with us. He is always ready to offer us his love.
  - We will open the door to our heart and let God in.
  - Let us be still and know that God is hereLight a candle as a symbol of God's presence/light/warmth/love.
3. Prepare the children's bodies for breathing and meditation. The body should be at rest, but not in a position for sleep. It is good to have a straight back to aid mindfulness. Sitting cross-legged is suitable for some people, but not for all. Most of us will sit on a chair, with both feet on the ground and with hands resting in our lap. Try to allow the muscles in your neck and shoulders to relax.
4. Once children are in an appropriate sitting position, help children to become aware of their breathing.  
"Feel it enter your body, pause inside you, then leave your body".  
"Is it entering through your nose or mouth?"  
"How does it feel?"  
"Is your breathing fast or slow?"  
"Place your hand on your stomach/chest. Where is your body moving most?"
5. We can talk to them about the importance of air within a Christian context, e.g.  
"God created the world and the air we breathe."  
"Air is the giver of life."
6. We can then begin to encourage the 4 principles of optimal breathing, in an age-appropriate way:
  - **NOSE** - in and out all day and night long (as much as you can)
  - **LOW** - use the diaphragm to ensure breath is taken deep into the lungs
  - **SLOW** - slow down the speed of air entering and leaving the nose or the speed of the rise and fall of the navel
  - **LIGHT** – breathing as light and quiet as possible

You may choose not to directly explain the above, but rather use the 'Breathing Cards For Kids'.

Scott's Handout for Session 2 provides activity ideas to achieve each of the above, referring to the cards. It may be too much to do a card for each of the above in the first session, but rather introduce them over time so that they become familiar to the children.

7. Consider using the 'Piano Breathing Track' to slow down their breathing, however some children may struggle to slow their breathing down to this rate, which is ok. It is still a calming tone to set. You may choose to have this on as they enter the room.

8. Once the tone has been set and children have achieved more optimal breathing, we can introduce the meditation.  
Remind them that we are opening our hearts to God. Ask them to gently allow their eyes to close... not tightly, but gently.
9. Explain that when children hear the chime, they should try to listen to it for as long as possible, then remain silent. Gently and slowly say the following words:

**Be still and know God is with you**  
**Be still and know God**  
**Be still and know**  
**Be still**  
**Be.**

**Ring the chime.**

10. You may choose to introduce a mantra for the children to recite in their head, such as ma-ra-na-tha (which is Aramaic for 'Come Lord Jesus, Come')  
You may say this slowly and ask children to say it at the same time in their head, then ask them to continue saying it in their head when you quietly phase out.
11. Allow as much time as appropriate for the group's age, context and needs.
12. Ring the chime again.  
Help children to slowly come out of their meditative state, e.g.
- Slowly wriggle your fingers/toes
  - Lift your hands to cover your eyes
  - Slowly blink then open your eyes
  - Allow the light to enter through your fingers
  - Lower your hands
  - Continue breathing
13. Invite children to say how they feel.  
Don't judge their meditation, for better or worse.  
Remind them that God is always with them.