

## **Meditation Method JUNIOR**

- Sit comfortably and close your eyes lightly.
- Choose a *prayer word* to say during the meditation time.
- Say your *prayer word* gently on the inside, listen as you say it.
- Use your breathing to help.
- Whenever you start thinking about something else, return gently to your *prayer word* again.
- Let your thoughts go like clouds in the sky drifting past.
- Stay with the same *prayer word*.
- At the end of the meditation time, remain in silence for a few moments.

### **Purpose:**

- Our prayer word reminds us of God's presence with us.

### **Meditation helps us:**

- To know that God loves us.
- To think of others and care for them.

### **Prayer Words:**

*Jesus*  
*Peace*  
*Love*  
*Trust*  
*Yes*  
*Jesus, you are with me*  
*Help me*  
*Maranatha*  
*Shalom*

*I love you Jesus*  
*Jesus, my friend*  
*Do not be afraid*  
*I trust in you*  
*Peace on earth*  
*Be still*  
*Let it be*  
*I love you*  
*Abba*

### **Thoughts:**

- Thoughts may include thinking, feelings, images, memories.