

Christian Meditation for Children

Opening Prayer:

Gracious God,

We thank you for all the gifts of life and creation which we enjoy; may we recognize that your desire to be in relationship with each one of us is a gift to be cherished.

As we take time from the busyness of our lives and our schools to learn how to meet you in stillness, help us to calm the racing of our hearts and our minds.

Gift us with the assurance that you are with us in the stillness and help us to trust that you know what is in our hearts.

Help us to silence our thoughts of what is happening elsewhere, in our classrooms or our homes, of what may happen later and the tasks we need to remember. Fill us with your peace that we may be able to rest with you in the moment.

As we learn to surrender our hearts to you in peace and stillness, help us to inspire those with whom we, in turn, want to share this gift.

Breathe on us, breath of God in whom we live, and move and have our being.

Amen

Ezekiel 37:4-5 New Revised Standard Version (NRSV: copyright © 1989 the Division of Christian Education of the National Council of the Churches of Christ in the United States of America.)

⁴ Then he said to me, “Prophecy to these bones, and say to them: O dry bones, hear the word of the LORD. ⁵ Thus says the Lord GOD to these bones: I will cause breath^[a] to enter you, and you shall live.

Matthew 18:1-6 New Revised Standard Version (NRSV: copyright © 1989 the Division of Christian Education of the National Council of the Churches of Christ in the United States of America.)

18 At that time the disciples came to Jesus and asked, “Who is the greatest in the kingdom of heaven?” ² He called a child, whom he put among them, ³ and said, “Truly I tell you, unless you change and become like children, you will never enter the kingdom of heaven. ⁴ Whoever becomes humble like this child is the greatest in the kingdom of heaven. ⁵ Whoever

⁶ “If any of you put a stumbling block before one of these little ones who believe in me, it would be better for you if a great millstone were fastened around your neck and you were drowned in the depth of the sea.