

Christian Meditation with Children ...

Looks Like . . .	Feels Like . . .	Sounds Like . . .
<p>Children and adults <u>sitting completely still gathered in a prayer circle or community with their:</u></p> <ul style="list-style-type: none"> • eyes gently closed • backs straight • shoulders back • feet flat on the ground if using chairs or legs crossed if sitting on the floor • hands relaxed comfortably on lap with palms facing up or down 	<ul style="list-style-type: none"> • discipline • hard work to avoid distractions • lots of effort and hard work in the beginning, but an easy form of prayer with more practice • a special form of prayer • a special time with Jesus • calming to be in the presence of the Spirit and Christ 	<ul style="list-style-type: none"> • <i>Open Our Hearts</i> playing on a CD at the start and children joining in singing • a few deep breaths at the start • continued silence while repeating the mantra • <i>'ma-ra-na-tha'</i> in your mind • <i>We Call on You</i> playing on CD at the conclusion and children joining in singing • For some classes, there may be a soft singing of the songs at the start and conclusion
DOES NOT Look Like...	DOES NOT Feel Like...	DOES NOT Sound Like...
<p>Children and adults <u>sitting around just anywhere</u> with their:</p> <ul style="list-style-type: none"> • eyes open • backs and shoulders slouched • heads down • arms or legs outstretched • hands fidgeting or playing with items that are distractions 	<ul style="list-style-type: none"> • a visualization of a beach or other scene • wasted time 	<ul style="list-style-type: none"> • noises from movements and fidgeting • whispering voices or talking • continued loud deep breathing • throat-clearing noises • repetition of the mantra out loud

