

DOING CHRISTIAN MEDITATION

Sit up tall with a straight back.

Speak your opening prayer aloud together.

Close your eyes lightly.

Listen for a starting sound or chime.

Say your word silently inside your heart:
MA-RA-NA-THA.

Say your word over and over slowly the
whole time you meditate.

Stop when you hear an ending sound
or chime.

Open your eyes slowly.

Speak your closing prayer aloud together.

Even the smallest children can learn to be still for meditation.

The first few meditation times can be very short.

Then each prayer time can get a little longer.



Children meditate best with one minute of silence for each year of their age. A six-year-old child would stop after six minutes of meditation. Using a timer can be helpful.

Christian meditation is something to do every day.

Each time we meditate is good time with God.

WCCM

The World Community for Christian Meditation began in 1991. It shares what John Main taught about meditation. Father Laurence Freeman OSB is the director and spiritual leader of the WCCM.

For more information on the WCCM and
Meditation with Children go to the websites
www.wccm.org and www.wccm-usa.org.

For questions about teaching Christian meditation
to children in the USA email mwc@wccm-usa.org.



Christian Meditation for Children:

Simple, Still, Silent



*“And a little child shall lead them.”
(Read it in the Bible, Book of Isaiah,
Chapter 11, Verse 6)*

**The World Community for
Christian Meditation - USA**

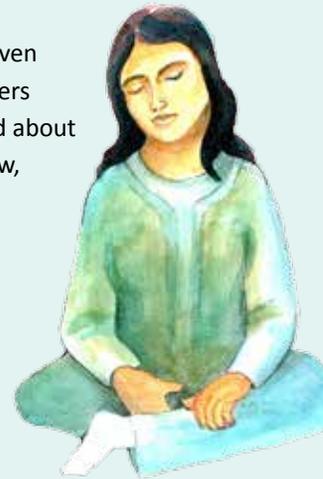
www.wccm-usa.org



Why We Meditate

God loves us.
Christian meditation is being with God in love.
We sit in our own safe space.
Things that bother us go away for a while.
Being together in silence helps everyone feel closer.
It helps a family to get along better.
It helps us learn to pay attention.
It helps everyone learn to love.
Being with God in love changes us.
We change in good ways.
We change no matter who we are or where we live.
Christian meditation helps us to live as Jesus taught.
Jesus told us that we can learn from children.
Children teach us how to live in the present.
God is in the present.

Jesus said the Kingdom of Heaven belongs to children and to others who are like children. We read about it in the Bible, Book of Matthew, Chapter 19, Verse 14.



MA-RA-NA-THA

We don't need to use a lot of words. God already knows what we need. We are told this in the Bible, Book of Matthew, Chapter 6, Verse 8.
In Christian meditation we need to help our mind be still and calm.
A prayer word (a mantra) is a good helper.
We say it over and over silently in our heart the whole time we meditate.
When we think about other things, we go back to our prayer word.
We sit knowing that Jesus loves us.
A good prayer word or mantra is MA-RA-NA-THA.
Even the youngest child can use it.
It comes from the Bible in the First Letter to the Corinthians, Chapter 16, Verse 22.
MA-RA-NA-THA means "Come, Lord."

Good Things

Christian meditation helps people of any age to live better.
It is good for children and adults to meditate together.
We help each other when we sit and pray in this way.
We feel closer to God.
We know God's love ourselves.
Our bodies and minds are stronger.
We can work out our problems better.
We grow in the Fruits of the Spirit: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self-Control.
The Bible speaks of those fruits in the Letter to the Galatians, Chapter 5, Verse 22.

The Main Ideas

Children know how to play.
They are good at playing.
They like to do it.
They also are good at quiet prayer in their hearts.
Christian meditation is prayer of the heart.
Children like to pray this way.
Even very young children can do it.