



Christian Meditation with children

No room for silence?

“And she brought forth her firstborn son, and wrapped him up in swaddling clothes, and laid him in a manger; because there was no room for them in the inn.” Luke Ch 2 v 7

We have a long history of telling Jesus that there's "no room for him". It manifests itself in different ways. At that first Christmas, Jesus was born in a stable because there was nowhere else to lay his tiny head. Nowadays we exclude him in more subtle ways. Let us remember what Christmas was about over 2000 years ago, and rather than driving Christ out of our minds let us remember our families and embrace the real meaning and purpose of Christmas.

Even when it's not Christmas we are subjected to the noise and the bustle of everyday life. We do not give Jesus our full attention and we do not make room for him in our lives. This affects us as adults, and this is passed on to our children at school who have such a frenetic programme of activities that it excludes them from being with Jesus. We need to create the space for them so that they can receive and hear the Holy Spirit. To receive the Word they need space and time, to hear the Word they need silence. Rather than rushing around "doing" they need to be allowed time for "being". Rather than being bombarded with sound bytes they need to be allowed time for silence.

Over the next four issues we will explore one particular way in which our children can give their full attention to "being" rather than "doing"; to "silence" rather than "noise" so that they can make "room for him" in their lives. This particular way is the prayer of the heart – the way of Christian Meditation.

We will explore how we can introduce children to Christian Meditation and what it is:

- Play and Pray – the simple way that children learn to meditate, build community and pray for sheer enjoyment.
- The story of Christian Meditation – how the tradition has been passed down from the Desert Fathers to the modern day.
- Born Contemplative – Children's natural ability to sit in silent prayer and respond with awe and wonder.
- Fruits and Benefits – Christian Meditation not only improves academic performance but also gives birth to the fruits of the spirit.

Over 100 Catholic Primary schools and other faith schools are already practising or are in the process of adopting Christian Meditation as part of their school curriculum. This pilot scheme is now being extended to all areas of the UK and is gaining rapid popularity for its ability to deliver a valuable life skill to the children – to be still and silent in an otherwise chaotic and noisy world. It is a Christmas gift for life.

For further information contact Charles Posnett, UK Coordinator Christian Meditation with Children, The World Community for Christian Meditation

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