

Meditate

One way Christians have found to help them keep their eyes on Jesus, is to meditate regularly.

Below is some advice for how to meditate together as a family.



Find a quiet space together where you won't be interrupted. You could light a candle.

Before you begin choose a "prayer word or phrase" that you will repeat. One that is suggested is Maranatha (pronounced Ma-ran-na-tha), this means "Come Lord" in Aramaic.

Sit on chairs or cross-legged on the floor with a straight back and close your eyes.

Silently repeat your chosen prayer word/phrase over and over very slowly

It is normal for thoughts and images to come, just keep returning to simply saying the word.

Aim to do this for 2 minutes to start with. You may want to download a meditation app, which would play a gong at the end of your meditation time (or use a timer).



Children are usually able to meditate for the same number of minutes as the number of years old they are (e.g. a 7 year old should be able to meditate for 7 minutes). You may want to build up to this length of time.

This resource is based on a challenge in our summer activity pack – you can find more resources like this one, in the pack [here](#).