

## Leading a Guided Meditation

1. Before you begin, tell the children that you are going to lead them through a guided meditation. Explain that they will need to quiet themselves and try to picture in their imagination what you read.
2. As you begin, ask the children to put themselves in God's presence. Give them a moment to get settled and then ask them to close their eyes.
3. Begin by setting the scene. *"Imagine yourself in a large crowd gathered on a hillside. Everyone is sitting on the hill watching and listening to Jesus teach."*
4. Slowly read the eight beatitudes from the Catechist Guide.
5. Continue the meditation by saying, *"Jesus teaches us to be happy. Imagine yourself being happy. What are you doing?"*
6. *After a few moments of silent reflection, invite the children to ask Jesus to help them grow in happiness and holiness. Then ask them to open their eyes when they have finished praying.*
7. If time permits, invite the children to draw what they saw. Encourage them to include themselves in their drawings.

