

kids: CENTERING PRAYER

(excerpt from Journey to the Heart: Centering Prayer for Children by Frank X. Jelenek If you chose to use this with your children, we encourage you to order the book, it's full of wonderful illustrations and more content than what is shown below.)

We are off to take a journey to the center of ourselves . . . the deepest part of your heart. In every heart there is God's kingdom. Your soul is the home of God inside you, a holy place to pray each and every day.

(To take this journey to the deepest part of your heart) you need a special, secret, sacred word. A holy word that is a key. A secret way to know, a sacred key to unlock, the center of your heart.

You can choose your own word – secret between God and you. Some special words may be: Father, Savior, Jesus, hope, faith, love, grace, Holy Spirit, Creator. You may find another word in your bible. But remember, keep it safe and secret in your heart and mind, even though you may change it from time to time. Your key word will always work, will open every lock and door, when it is spoken from the heart—we know that for sure. Do you have your word? Whisper it silently in your heart.

STEP 1 ::

Choose your secret-sacred word.

STEP 2 ::

Place your chairs in a circle if others join you to pray. If you're praying all by yourself, that's okay. Parents or adults may light a candle, just for as long as they stay.

STEP 3 ::

Be still. Be silent. Eyes closed. Closed door. Feet on the floor. Lips sealed.

STEP 4 ::

Silently say your secret word in your heart. Rest within. Sit and wait. God is there inside you, in the quiet. Rest within.

STEP 5 ::

When you find yourself thinking of something else, it's okay. Just say the secret word again, silently and slowly in your heart. Then . . . Let those other thoughts float right out of your head.

STEP 6 ::

Six minutes of silence. A journey to the center of you with God. That is the time the journey will take you.

STEP 7 ::

Six minutes later you may open your eyes, and say out loud the 'Our Father' prayer.

In your heart and soul God speaks in silence, where words cannot be found, out loud. But know and trust that God will hear you, even when you don't speak a word. His ear is right next to your heart.

"Knock, knock, knock! Secret, sacred word! Here I am, God. I want to spend time with You. Come pray within my heart."

God whispers back – in your heart –

"I LOVE YOU!"