



Guided Meditation before the Blessed Sacrament

The following resource provides an outline and script for leading children through a guided meditation. If this is the first time you are using a guided meditation with the children, you may want to take some time to explain this form of prayer to them. Invite them to listen quietly and to use their imagination throughout the prayer.

Materials and Preparation

- ☐ Have enough chairs so that the children have an empty place on both sides of them. This will create an environment with less distraction. If there are pews in front of the tabernacle, be prepared to space the children accordingly so they have space around them.
- ☐ Provide a CD player and a CD with soft, meditative background music with no words.
- ☐ Practice the meditation aloud several times by yourself to get the tone and delivery you want. It will be helpful to read slowly and with a voice that is soft and calming but clear enough for the children to hear easily.
- ☐ The pauses are important in a guided meditation. They give the children enough time to visualize what you are saying. Make sure not to give too much time, or the children may become restless or their minds may wander.
- ☐ Before the children arrive for the meditation, have the music playing softly and have the lights dimmed, if possible. You want them to arrive in a space already set for the meditation.

Guided Meditation Before Prayer Catholic

Huangqi Zhang



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