



LESSON THREE

Objectives:

- The student will begin to know he/she is spiritual.
- The student will understand that meditation is a time to listen to God with his/her heart.
- The student can begin to discern God's voice in his/her life to reset his/her relationship with God, our source of life, who is love with the Creation meditation step and Fourth Commandment as the focus.
- The student will demonstrate meditation behaviors.



LESSON THREE

Invite children to gather in the prayer space and repeat the Sign of the Cross together. Remind students that the Father, Son and Holy Spirit are Three Persons but are made One God by their Love for Each Other.

Introduction:

This year we are working on prayer and building our relationship with God. We need to make special time to talk with God. When do you make special time to be with God? (*Have students verbally share. Answers might include: going to Church*)

There are different ways we pray or listen to God – *pictures on PPT*

- a. We can pray alone.
- b. We can pray with classmates.
- c. We can pray with family.

Why do we talk to God?

We thank God for all he does.

We ask God to help us make good decisions.

We have good and bad behaviors.

When we are praying to God we are going to listen to the voice of God.

The storyline to this relational paradigm is to be grateful for the love of one's parents and God.

(This is to begin helping children to educate their consciences so they can start to "listen interiorly" for the feelings and affections that will open them to messages from God.

Note: The "sad" lessons will be reserved for Kindergarten unless a teacher thinks it is appropriate to address the issues earlier in his/her pre-kindergarten class.

Guided Practice:

This year we are going to learn to pray so we can hear God in our hearts. Discuss how class will meditate (see PowerPoint).

Before we hear the meditation let us practice:

Say these words after me.

*(Say) **Jesus,** (5 second pause)*

*(Say) **You live in my heart** (8 second pause)*

*(Say) **And You love me.** (8 second pause)*

*(Say) **Jesus,** (5 second pause)*

*(Say) **Who lives in my heart** (8 second pause)*

*(Say) **I love You.** (8 second pause)*

*(Say) **Jesus,** (5 second pause)*

*(Say) **Always live in my heart.** (8 second pause)*

Independent Practice:

Practice a meditation as a class (see PowerPoint). (Teacher – Please have speakers connected to computer and turned on loud enough for all children to hear the reflection. Connect to internet and play one of the Vimeo meditations for Pre-K children.

Closure:

When finished with the meditation let the children take turns passing the heart (rock, paper, stuffed) around. As students pass the heart, they are invited to share one thing they thought of during by the teacher asking what is one thing about your family that makes you joyful?

Optional addition if your class has the Sacred Story Crosses:

Show the students that the “C” cube stands for Creation. Show the students that the “IV” cube stands for the Fourth Commandment: To honor our father and mother.

Note to teacher: This heart could be cut out for children to pass when sharing.





Additional Ideas:

- ❖ Using examples from the Bible (Matthew, Luke, John) to show students how Jesus teaches us to ask God for help. Using story, felt board, and artwork to explore ideas of forgiving people who have hurt us.
- ❖ Stop and look around you (at the birds during Science Lesson = Bird walk, at the fish in the fish tank). Students could color in a square for each day of Lent. After they color each square they move to a quiet place in the classroom and silently speak to God asking Him to watch over, guide them or someone in their life.
- ❖ Create a prayer inspiration (poster, card, bookmark, or mini book) for the meditations. Include scripture, image, prayers to assist with the pray exercises.