


Silent Prayer

Family Supplement

In class your child has participated in this guided meditation. As your child goes to bed each night, you may like to guide them through this meditation again. This may give them a chance to get to know God in stillness and learn that God speaks to our hearts when we are silent. Using a calm and soft voice, speak slowly as you guide them, pause between bullet points. It is okay if your child falls asleep.



Guided Meditation

- Close your eyes gently and let your body feel peaceful.
- Concentrate on your breathing. Feel the air as it comes into your body through your nose, travelling deep into your lungs and then coming out again through your mouth.
- As you lay in your bed quietly, take yourself into a peaceful place inside you, your heart space.
- Your heart space is like a little room within you, where God is - your heart room. 
- In the silence, be there with God. Know that God loves you. (Allow your child some quiet moments of silence - to begin with, 30 seconds should be enough. As you practise this prayer with them more and more gradually build up the time spent in silence).
- Guide your child back to awareness by taking them through the breathing step again. Invite them to open their eyes if they wish. (If the child has fallen asleep this is okay).