

God's Promise

Lent - Week 1 Year B

Prayer and Meditation For Youth

- Meditation Theme:** God's Promise To Be There For Us
- Scripture Focus:** Genesis 9 : 8 –15 – The Rainbow Covenant
- Sacred Space:** Candle and Lectionary with purple fabric draped around them
- Song For Meditation:** I'll Be Always Loving You (Trisha Watts – As One Voice /Vol 1)

Preparation for the Meditation: (10 mins)

Discuss the meaning of covenant and its significance in our society today. Let this briefly lead into the question of faithfulness – is it really possible or is it merely an ideal? Talk about the symbol of the rainbow, and the many different associations people have with it today (*you may need to be aware that it is a symbol of the Gay & Lesbian Movement and this may be raised by some of the students.*) Talk with them about how, in the context of this scripture, the rainbow is the sign of God's faithfulness to us.

Reading:

Instead of reading this text have someone recite it as the intimate story it is, making eye contact with the students. When it comes to the part about the rainbow, have one student come forward bearing the colours of the rainbow in coloured fabric or ribbon. (*If a very large community, you could have seven people coming from different directions each bearing a colour of the rainbow and meeting in a central point where they weave their colours together and actually make the rainbow.*) As the story continues, allow the rainbow colours to flow and wave gently around the circle passing before each person. (*This will need to be timed with the story telling.*) When the story is completed the rainbow coloured fabric is draped in and around the sacred space. The storyteller and rainbow bearer bow and return to their seats.

Meditation: (10 mins)

Having attended to the preparation of this quiet time and meditation when students are settled and still, gradually bring up the quiet reflective music to a suitable level. Invite the students to let the music take them to the place where they most want to be right now. Give them a few minutes to imagine this place and visualize themselves there. Invite them to think of one person in their life who they believe loves them faithfully, utterly, and would be there for them. Ask them to imagine that person there with them now; how does it feel; what is it like to have them there just for you? Give them a little time to visualize this. Pose the question to them, "*Is it possible that this person is the sign of God's promise to be there for you...?*" "*Is it possible that this person is an expression of God's faithful love for you?*" Leave them with this for a minute or two and then simply say in a reflective, tender tone, "*I set my bow in the clouds.... It will be a sign of my covenant with you...*" Pause a brief minute and repeat the text a little differently, "*... a sign of my promise to be there for you*".

Gradually fade out the instrumental music and gently bring up one of the meditation song. (See above). When the song is finished, after a brief pause, bring the meditation to closure.

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Transfiguration – God’s Affirmation

Lent - Week 2 Year B Prayer and Meditation For Youth

<u>Meditation Theme:</u>	Being claimed and affirmed by God
<u>Scripture Focus:</u>	Mark 9: 1- 9 – The Transfiguration of Jesus
<u>Sacred Space:</u>	Candle and Lectionary with purple fabric draped around them
<u>Song For Meditation:</u>	You Are Mine – David Haas - As One Voice/Vol 1 & Gather Australia OR Touch My Life – Monica Brown – A Special Collection

Preparation for the Meditation: (5 mins)

Discuss with the students their understanding of the Transfiguration. What does it mean to them? What do they think it would have been like for Jesus; for the disciples? Invite them to listen to the Gospel account of it.

Reading: Mark 9: 1-9

Give them a minute or two to comment or ask questions and then prepare them for the meditation.

Meditation: (10 mins)

Having attended to the preparation of this quiet time and meditation when students are settled and still, gradually bring up the quiet reflective music to a suitable level. Invite the students to imagine themselves on the top of a huge mountain. Guide them to look from this mountaintop at all that surrounds them, the expansive vision they have. Direct them in looking at their life, their reality from the position of this big picture and then to gradually look at themselves, at who they are there on this mountaintop. Give them time to think about how they are feeling in this. Invite them to see it all now from God’s perspective, to imagine what God sees and how God feels about it all. Invite them to imagine what God would see in them; what God would affirm in them. Leave them with this for a minute or so, then ask them to think about what it would be like to be claimed by God; what would it be like if God called them, “*Beloved...*”

Gradually fade out the instrumental music and gently bring up one of the meditation songs. (See above). When the song is finished, after a brief pause, bring the meditation to closure.

The Way of God

Lent - Week 3 Year B Prayer & Meditation For Youth

Meditation Theme: Paradox – The Way of God

Scripture Focus: 1 Corinthians 1:22-25. The Cross - God's Foolish Wisdom

Sacred Space: Have the group sit in a circle around the sacred space, which is situated on the floor in the centre of the group with a black piece of fabric draped across a small rise (*such as a few cushions*). The lectionary is placed there, opened at the day's reading and an unlit candle beside it.

Song For Meditation: (Hymn) A New Dawn (Monica Brown – A Special Collection)
OR
(Contemporary) I Hope You Dance (Lee Ann Womack)

Preparation for the Meditation: (10 mins)

Discuss the meaning of paradox and identify some examples from creation – the seed that dies in order to live; darkest hour being just before dawn etc. What are some of the paradoxes they live with – the seemingly absurd that has remarkable meaning, such as strength in weakness, foolishness in wisdom, hope in despair, authenticity in brokenness, life in death etc etc Invite them to listen to the reading.

Reading:

Have two or three students proclaim this reading from their seats, each taking a different section of the reading. Have them stand in turn and proclaim it as a declaration of faith. (*These students will need to be well chosen, well respected by their peers and well rehearsed*). At the beginning of the reading, when the words, "*here we are preaching a crucified Christ*", have been proclaimed, one student comes into the centre of the group with a rugged wooden cross draped in purple cloth. He/she holds it before the group as the proclamation continues. When it has ended, the cross bearer places the cross in the sacred space and lights the candle beside it.

Meditation: (10 mins)

Having attended to the preparation of this quiet time and meditation when students are settled and still, gradually bring up the quiet reflective music to a suitable level. Invite the students to

let the music take them to the place where they most want to be right now. Leave them for a few minutes to find this place and to identify how they feel being there now. Direct them to think about one of the paradoxes they live with in their own life, encouraging them in the privacy and silence of their hearts to look at their life and try to identify something of the "foolish wisdom" of God's way in their own experience.

Give them time with this, time to sense their feelings around it and time just to be in the awareness of this. When you feel the time is right, simply ask them where God is in this paradox; what do they want God to do in this? Leave them with this for a few minutes and then gradually fade out the instrumental music and gently bring up one of the meditation songs. (See *above*). When the song is finished, after a brief pause, bring the meditation to closure.

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