



Pope Benedict XVI

*“ It is a fundamental task
to teach people how to pray
and how to learn to do so personally,
better and better.
Many seek meditation elsewhere
because they think that they
will not be able to find
a spiritual dimension in Christianity.
We must show them once again,
not only that this
spiritual dimension exists
but that it is the source of all things.*”



Benefits of Christian Meditation

- Enables students to be calmer and more relaxed
- Creates a sense of wonder
- Helps kindle a sense of God
- Allows children the chance to experience God in the silence
- Supports a sense of community
- Encourages students a chance to enter into the present moment

Teaching *Christian Meditation* to Children

Information for Parents



 St Martin's School

What is Christian Meditation?

The World Community of Christian Meditation as a global spiritual community took form in 1991 continuing the 30-year-long work begun by Benedictine monk John Main.

Main recovered for modern day Christians a practice of deep prayer or 'meditation' within the Christian tradition – restoring the contemplative dimension of Christian faith in the life of the Church.

By allowing children to experience Christian Meditation for themselves, John Main believed that they would discover their "true selves in their real participation in the reality of God".

The meditation exercises found in Christian Meditation are designed to help children enter into the mystery of the sacred, the heart of true faith.



What Happens in Christian Meditation?

Meditation is not about getting into altered states of consciousness or seeing and experiencing anything out of the ordinary. It is about entering more fully into the ordinary and discovering the extraordinary: the presence of God.

Teaching Christian Meditation to Children

At St Martin's we are excited to begin a school-wide practice of Christian Meditation.

Children and young adults are born contemplative, but in our world, we are bombarded from an early age with noises, stimulus, and a message to keep busy. The aim of Christian Meditation is to find God in stillness, silence and simplicity.

***Be still and know
that I am God.***

Psalms 46:10



Christian Meditation is a form of prayer and as such becomes a regular prayer practice.

Christian Meditation is found in the Prayer strand of the Brisbane Catholic Education Religious Education Curriculum approved by the Archdiocese of Brisbane.

Christian Meditation will be led by all teachers who have been trained in the process of teaching Christian Meditation.

Christian Meditation is prayer.

Christian Meditation is simple.

Christian Meditation is a journey.

Christian Meditation is experiential.