



Leading a Guided Meditation on Matthew 17:1-13

1. Explain to the children that you are going to lead them through a guided meditation, which is a form of prayer.

You will share with them a story from scripture. While they listen, they are to imagine themselves in the story.

2. Invite the children to sit comfortably with their eyes closed. Remind them that they must remain silent until the end of the meditation.

You might like to play quiet instrumental music. The music will help make any noise outside of the room less distracting.

3. Once the children are ready, read the story slowly, carefully, and with feeling.

Afterward, ask the children: What did you see, hear, and feel?