

APPENDICES



YEAR LEVEL	7
TITLE	Meditation Script
STRAND	PRAYER
APPENDIX	4

I want you to find a comfortable position in your seat. Close your eyes, take a deep breath in through your nose, hold it for a moment, and then slowly breathe out. Let your body relax with each breath. As you breathe, allow your mind to become calm and focused on the story we are about to reflect on.

Imagine you are standing beside the Jordan River. The air is warm, and you can hear the gentle flow of the river. You feel the ground beneath your feet, a soft mixture of earth and sand. The sounds of the crowd around you are hushed, as people wait for their turn to be baptized by John. The sun shines down, and there's a sense of anticipation in the air.

As you look around, you notice a man walking towards John. It's Jesus. He approaches the water with a quiet confidence, and there is something remarkable about His presence. John sees Jesus and hesitates. He knows who Jesus is. He knows He is the Son of God, and yet, Jesus has come to be baptized by him. John feels unworthy and uncertain. Imagine the feeling in John's heart as he faces Jesus.

Jesus steps into the water. The crowd watches, but it's as if the world holds its breath. John, still unsure, baptizes Jesus. As the water touches Jesus, something extraordinary happens. Suddenly, the sky opens up above, and the light from heaven pours down. A dove, bright and pure, descends from the sky and rests on Jesus. The sound of a voice fills the air, saying: 'You are my Son, whom I love; with you, I am well pleased.'

Take a moment to reflect on what you have just experienced. What do you think John felt in that moment? How do you think Jesus felt, hearing God's voice affirming Him as the Son of God?

Now, imagine yourself in this scene. Whether you are John, standing with a heart full of awe and wonder, or Jesus, stepping into the waters to fulfill God's will, consider the weight of this moment. What does it mean to be baptized by water and Spirit? What does it mean for you to hear God say, 'You are my child, whom I love'?

As we finish this meditation, take a few moments of silence to reflect on what God might be saying to you today. What message do you hear from God, and how does this story of Baptism invite you to live more fully in God's love?

When you're ready, slowly bring your awareness back to the room. Take a deep breath in, wiggle your fingers and toes, and when you're ready, gently open your eyes, carrying with you the peace and meaning of this moment.