

# MEDITATION - SERVICE

*Read slowly!!!!*

## *Setting the environment*

Meditation has been used within the Catholic Church for Centuries. It makes up a key part of the practice of Lectio Divina (Sacred Reading). The purpose of this style of meditation is to allow young people to immerse themselves within a Gospel story and to allow Jesus to speak to them. Environment is incredibly important when leading this type of activity with young people. Make sure the space you are using is comfortable for young people to sit, or even to lay down. Quiet instrumental music is also good to use. If you have a very versatile space think about the lighting, dim spaces encourages the young people to relax. It is also good to explain briefly what the young people will be entering into, explain the time if for them alone.

## *Introduction*

Jesus' ministry is a model of service. So it is no wonder that at his Last Supper Jesus would perform the ultimate example of service for his disciples. Witness and participate in it with your students by sharing this guided meditation.

Relax.

Be comfortable.

Close your eyes.

Breathe in.

Hold.

Breathe out.

Breathe in.

Hold.

Breathe out.

Be still.

Let go of all the distractions.

Let your worries fly away.

Breathe in.

Hold.

Breathe out.

Breathe in.

Hold.

Breathe out.



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Imagine . . .

You are in a very simple room.

Sitting at a table with food and friends.

Jesus is there.

Peter, John, and all the other Apostles are there, too.

You are remembering the Passover together.

You are nervous about what will happen to Jesus during this festival.

Sit back and look around the table.

How does it feel to be with friends, feeling these mixed emotions.

Notice Jesus getting up.

He takes his cloak off,

ties a towel around his waist.

He fills a bowl with water.

He walks over to Peter and kneels down.

Watch Peter's face and the interaction between the two of them as Jesus washes Peter's feet.

What seems to be happening?

What are you hearing?

How do you think Peter feels?

The next thing you know Jesus is picking up the bowl.

Follow him with your eyes, moving around the table.

He is coming towards you.

He kneels down.

Looks into your eyes.

Reaches for your foot.

Spend some time interacting with Jesus while he washes your feet.

Jesus stands up in front of you.

He moves to the person sitting next to you.

You are left there, in your seat, with your thoughts from your personal encounter with Jesus.

Name them.

How are you feeling.

Jesus finishes with the last person at the table.

He throws out the water.

Unties the towel.

Puts on his cloak.

Sits down at the table.

He takes some time to look around the expressions of those who are there.

What is the mood of the group?

Jesus looks around at all of you.

He says: "Do you understand what I just did for you?"

You address me as 'Teacher' and 'Lord,'



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and fittingly enough, for that is what I am.  
But if I washed your feet—I who am Teacher and Lord—  
then you must wash each other's feet.  
As I have done, so you must do."  
Just relax and think about what Jesus' words mean for you.  
It is time to come back to this space.  
Just continue to lie there.  
Gently roll your ankles.  
Wiggle your fingers.  
Shrug your shoulders.  
Open your eyes.  
Allow yourself time just to come back slowly.  
Sit up, stretch, yawn.  
Slowly.

## Activity

### **In your own words**

This story can act as an inspiration to us, it's not that Jesus was telling us to go around washing everyone's feet (because that would be a bit weird). Jesus is often referred to as the king of kings. This message was not only showing us that Jesus is humble and loving but it also shows us that if he, the king of kings, can get on his knees and wash the feet of his disciples then why can't we help people out in our lives? Let's take a moment to think of how we can be of service to others.

### **Leaders to pass out square paper and pens**

Write on the square paper a way in which you can be of service. (Give examples- Helping with washing up, making sure nobody is left out, you could even be of service by paying someone a compliment each day, and saying prayer for them).

These are now our promises.....

### **Show them how to make a heart**

Keep these hearts as a reminder of your promise, maybe put it somewhere you will see it every day as a reminder to be of service, and to do it lovingly.

### **Instructions for this can be found on this website**

<http://www.origami-instructions.com/easy-origami-heart.html>

We recommend that Leaders look at this technique and learn the basic before leading a group of young people in this activity.

