Guided Meditation

The Washing of the Feet

"If I then, the Lord and Master, have washed your feet, you must wash each other's feet. I have given you an example, so that you may copy what I have done."

(Jn 13:1-15)

DERRY DIOCESAN CATECHETICAL CENTRE

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Relaxation Exercise

Before children or young people meditate, you need to help them to relax.

This helps them quieten their mind and body for prayer.

You may have to allow for a few giggles etc before they become more comfortable with this as a form of prayer.

You may wish to create a sacred space to use for Guided Meditation-cloth, image, bible, candle.

Light the candle slowly, reminding the children/young people that Jesus is the light of the world and ask for the gift of the Holy Spirit to enlighten their prayer time.

Say to the children:

- sit up straight in your chair, with your back against the chair
- gently close your eyes,
- breathe in and out slowly
- as you breathe in, breathe in God's love, God's peace, God's joy
- as you breathe out, breathe out any noise, any worries, any concerns, any fears
- (repeat the breathing in and out three times)

Then say: Feel the presence of God within you and all around you. Lord Jesus Christ...Be with us in this quiet time of prayer... Holy Spirit helps us...

Guided Meditation-The Washing of the Feet

Adult reads each line very slowly

Imagine that you are in a very simple room...

You are sitting at a table with food and friends...

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

You are remembering a very special event together... You are glad to be spending time with good friends...

You are also a bit nervous... Jesus has been telling you that he will have to go away...

You are wondering where.... And why....

Sit back and look around the table.....

Look Jesus is getting up from the table...He takes his cloak off...

He puts a towel around his waist...

He fills a bowl with water...

He walks over to Peter and kneels down...Look at Jesus face as he looks at Peter... with great love for his friend...

Look at Peter's face as he looks at Jesus... he looks a bit confused... he seems unsure that Jesus should be washing his feet... eventually... he lets Jesus wash his feet.

Guided Meditation-The Washing of the Feet

Look... where is Jesus now...

Follow him with your eyes...

See Jesus move from one apostle to the another...

Each time washing their feet...

Until... wait...
Jesus is coming towards you...

He kneels down...

He looks into your eyes...

He reaches for your foot...

How do you feel as Jesus gently lifts your feet...

How does the water feel ...

Are you happy that Jesus is washing your feet...

Are you a bit confused like Peter...

Look at Jesus face... see Jesus smile at you... feel his peace in your heart...

Jesus finishes with the last person at the table...

He empties the basin... He takes off the towel... He puts on his cloak... He sits down at the table...

Guided Meditation-The Washing of the Feet

He takes some time to look around at everyone and then he says...

"Do you understand what I just did for you?...

You call me, 'Teacher' and 'Lord,' and you are right, 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...

Repeat Jesus words over and over to yourself As I have done, so you must do... what does that mean... how can you be like Jesus...how can you love others... serve others....

Give the children a few minutes to think about this and then ask them to slowly open their eyes and pray together

Glory Be to the Father and to the Son and to the Holy Spirit as it was in the beginning, is now and ever shall be world without end, Amen.