

## 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?*