

# Morning Meditation

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Mornings can be frantic. Slow them down by doing a morning meditation with family members.

**For**  
Young Family

## Season

Fall

## Needed

Bible, Morning Meditations worksheet (see last page)

## Prepare in Advance

- Mark your Bible to Psalm 57:8 and Psalm 90:14.
- Read through the Morning Mediations worksheet before using it with the family.

## Activity Plan

1. Find a relaxing place in your home. Turn off the TV. Don't answer the phone. Say this prayer aloud to begin:

*God, be with us as we start our day. Amen.*

2. Ask someone to read aloud Psalm 57:8 from your Bible (or see the text below). Then have another person read aloud Psalm 90:14.

### Psalm 57:8

Awake, my glory!  
Awake, O harp and lyre!  
I will awake the dawn!

### Psalm 90:14

Satisfy us in the morning with your steadfast love,  
that we may rejoice and be glad all our days.

3. Explain that you'll be reading a Morning Meditation. Encourage family members to listen carefully. Choose one of the three meditations from the Morning Meditations worksheet. Note that the meditations are intentionally short. Children usually have short attention spans, and most families do not have time in the morning for a long meditation.
4. When you do the activity again on another morning, choose a different morning meditation.

# Morning Meditations

## Meditation 1

- Make yourself as comfortable as you can. Close your eyes. *(Pause.)* Take in a long, slow deep breath. *(Pause.)* Exhale slowly. *(Pause.)*
- Imagine that you're in the woods. Trees surround you. The temperature is perfect. The weather is perfect. You feel safe and loved.
- You start walking. You hear the birds singing in the trees. You feel the sun warming your face. You can smell the fresh pine needles.
- It's morning. You're starting your day. Take in a long, slow deep breath. *(Pause.)* Stretch your arms. *(Pause.)* It's time to open your eyes and enter this new day. With God's help, you can face whatever happens.

## Meditation 2

- Make yourself as comfortable as you can. Close your eyes. *(Pause.)* Take in a long, slow deep breath. *(Pause.)* Exhale slowly. *(Pause.)*
- Imagine that the animals that you love are surrounding you. Put your hand out and imagine petting your favorite animal.
- The animal loves you and starts to make happy sounds. You feel safe. You feel loved.
- You're ready to start your day. *(Pause.)* Open your eyes. Today is a new day. With God's help, you can face whatever happens.

## Meditation 3

- Make yourself as comfortable as you can. Close your eyes. *(Pause.)* Take in a long, slow deep breath. *(Pause.)* Exhale slowly. *(Pause.)*
- Imagine that you're in your favorite place. Notice what's around you. What do you see? What do you hear? What do you smell? What do you feel?
- This is your safe place. This place reminds you that you're strong. With God's help, you can face whatever happens in your day. *(Pause.)*
- Remember this place as you go through your day. *(Pause.)* Remember that God loves you and that your family loves you. *(Pause.)* You're ready to start your day. Open your eyes slowly. *(Pause.)* Stretch. Welcome to this new day.

