***Breakfast with Jesus***

*This meditation is taken from the book* Guided Meditations for Children *by* Jane Reehorst BVM *which is now out of print and therefore reproduced here. Please advise if the books is reprinted and the reproductions will be removed from the website.*



***John 21: 15-19***

*Meditation:*

Say: Close your eyes .... Take a deep breath, and relax .... Give your wandering thoughts to Jesus .... Take another deep breath, and relax. ... Feel your whole body relax.

You're sitting on a rock near a large body of water .... There is sand along the edge of the water .... It's a beach .... Dig your feet into the sand to keep them warm .... It's cool on the beach so early in the morning .... The sun is just beginning to rise .... Look at all the beautiful colours the sun's rays make on the few clouds in the sky .... There are oranges and yellows and golds .... Even the whitecaps on the gentle rolling waves moving onto the shore have touches of sparkling gold on them .... Feel the freshness of the sea's air .... Take a deep breath, and let the cool air go deep into your lungs .... Look around you .... What do you see? What do you hear? ... Do you hear the cry of those large seagulls? .

Watch them as they swoop over the sea looking for fish.

Notice that there is a fishing boat not too far from shore You can hear the faint murmurs of the voices of those in the boat... They seem excited .... It looks as though they have a large catch of fish, doesn't it? ... They seem to be struggling with their nets .... Look! Someone is standing on the beach .... It's difficult to see him clearly because the sun hasn't cast enough light yet Walk over to him .... He also seems

to be also watching the fishers You try to hurry, but your feet sink into the sand. It makes walking difficult.

As you approach, the man turns to you .... He smiles and seems to recognize you .... Do you know him? Yes, it's Jesus! ... He calls you by name and invites you to join him .... Jesus places his arm around your shoulders, and the two of you walk along the shore toward a campfire on the beach ... It’s good to be with Jesus, isn’t it? Feel the happiness and peace within you as you stand by the campfire ... You and Jesus are alone together ... Jesus tells you that he is preparing a breakfast for his friends .... Look into the orange and blue flames and see fish cooking. . .. Someone joins you .... It's Peter .... His clothes are all wet, and he is breathing hard ... , He was so anxious to see Jesus that he dove into the water from the boat and swam to shore .. , .Jesus looks at Peter .. , . "Come," he tells Peter and you, as he places his arms around your shoulders and leads you down the beach away from the others, who are now coming to shore. Jesus stops and turns to Peter .. , . "Simon, son of John, do you truly love me?" Jesus asks him .... Study Peter's face. See the tears begin

to fill his eyes .... His voice chokes as he answers "Yes, Jesus," Peter says. "You know that I love you." ... Jesus tells him, "Feed my lambs." . .. Again, Jesus asks Peter, "Simon, son of John, do you truly love me?" ... Peter looks at Jesus with a pleading expression in his eyes and answers, "Yes, Jesus, you know that I love you." ... Jesus tells him, "Take care of my sheep." Jesus asks Peter a third time. "Simon, son of John, do you love me?" Peter looks hurt, but he answers, "Jesus, you know all things; you know that I love you." ... And Jesus again tells Peter, "Feed my sheep." You wonder why Jesus is asking Peter the same question so many times Do you think it's because Peter denied Jesus three times? ... Jesus turns to you .... His eyes seem to look into your very soul .... He places his hand on your shoulder, ... speaks your name, ... and asks you, "Do you love me?" I will leave you with Jesus so that you can answer him. Listen to what Jesus tells you.

*Prayer:*

*Jesus, I do love you. I want to be a loyal friend to you like you are to me. Teach me how to be loyal and to forgive others when they hurt me. And show me how to feed your sheep.* (invite the children to participate in spontaneous prayer)

*Meditation closing*

It’s time to leave Jesus ... say goodbye, and begin to leave ... turn, and wave goodbye.

**Read *John 21: 15-19* from the bible**

Open your eyes, and come back into the room.