



Aim: To help your child to recall some of the things Jesus did for people.

Note to the Parent:

This will be a family reflection on Jesus.

Parent: Welcome the child and other members of the family and gather them in a circle in the room.

Tell the family:

- Today we are going to spend a little time thinking about Jesus.
- First of all: Let us sit comfortably with our arms and legs relaxed. (Pause for a few moments to allow quietness and for the family members to relax).
- Let all your body relax from head to toe. (Pause for a few moments to allow quietness and for the family members to relax).
- Close your eyes gently.
- Now breath in and out **very slowly** relaxing all the time.
- Repeat this instruction a few more times.

Parent: Allow about 5 seconds for each pause below:

- ❖ Now imagine yourself with your family sitting on the side of a hill. (Pause)
- ❖ It is a cool day and the sun is shining. (Pause)
- ❖ Jesus comes and joins the group of people. (Pause)
- ❖ He sits down on a rock and he begins to tell the people: (Pause)
- ❖ God really loves you. (Pause)
- ❖ God wants you to love him in return. (Pause)
- ❖ You can do this by loving one another. (Pause)
- ❖ God knows that you all love one another. (Pause)
- ❖ God is my Father and I love him by being like him. (Pause)
- ❖ He is patient, I'm patient. (Pause)
- ❖ He is joyful, I am joyful. (Pause)
- ❖ He is kind, I am kind. (Pause)
- ❖ He does not get angry or upset, He forgives all. (Pause)
- ❖ All the people are very happy with Jesus. (Pause)



- ❖ Imagine your dad and me bringing you to Jesus. (Pause)
- ❖ Imagine Jesus putting his arms around you. (Pause)
- ❖ Imagine what Jesus would say to you. (Pause)
- ❖ Imagine yourself saying something to Jesus. (Pause)
- ❖ Stay with Jesus for a while. (Longer pause)
- ❖ Now open your eyes gently and relax.

Parent: After a few minutes ask: Would you like to share what Jesus said to you and what you said to Jesus? (No compulsion)
Take time for this.

Celebration

Parent: Invite all to say quietly in their hearts:

Jesus, I love you. Jesus, you love me. Help me to love others as you love them.

Exchange a gesture of love and peace among one another.

Share some cool juice to appreciate each one's love!

