

The Miracle of “We” Children’s Devotional Practice

Part 1: Quiet the Mind, Open the Heart

Leader (state slowly):

To begin let us now relax our hands, close our eyes, and let our heads hang slightly down
(pause),

Let us now breathe in deep, quiet our minds, and let our hearts listen to the silence!

SILENCE

**(2-4 minutes of silent meditation, centering prayer is good for kids, for more styles
see www.thenondualway.com)**

Part 2: Where is Spirit?

Bell

Leader (state slowly):

With one voice, let us now say where we see _____*

**pick a word that you are comfortable that represents “God” or “Essence”*

(Repeat the following aloud together):

(Put hands opened upward)

**We see *_____ in all things, in the change of the season, in the beautiful sunrise, in
everyone we meet, *_____ is the great perfection of this and every moment.**

(Bow & put palms out in front)

**We feel *_____ when we love and forgive others, our family, our friends, and even our
enemies, and for this we gladly offer thanks.**

(Bow & put hands over heart)

We find * _____ in our hearts, the light of love within us, a love that is one with all!
(Bow & put arms back in rest position)

- Part 2 is an adaptation from the *Integral Life Practice Book* by Wilber et al., 2008

Part 3: CONTEMPLATION

Leader (state slowly):

Let us now listen to today's reading with quiet minds, open ears, and loving hearts!
(pick a passage and insert below. It is suggested that the reading be short, simple, and direct
for children, see example below)

(Leader) 1st read-- Listen to the words with your heart.
(read passage aloud and pause briefly)

EXAMPLE

Be still and know that Spirit is within you.
Be still and know that Spirit is.
Be still and know Spirit.
Be still.
Be.

(Leader) 2nd Read- Listen to the words again and see if you can hear its special message to you.
(repeat passage above again slowly and pause)

(Leader) 3rd Read- Listen to the words a third time and think about how this special message can make you happy.
(repeat passage again for a third time and pause)

(Leader) 4th Read- Listen one more time and think about how you can take this message out into the world.
(read one more time and pause afterwards with a minute of silence)

ONE MINUTE OF SILENCE

(OPTIONAL)

Leader (state softly and slowly):

Keeping our minds quiet and our hearts open, let us continue to deepen this wisdom through music. *choose music appropriate to reading
(INSERT SONG LYRICS)

Part 4: COMMUNION

Leader (read slowly):

Let today's words inspire us to make the world a better place. Our desire to lead a meaningful life is satisfied when we do all things with a loving heart. Let this picture remind us that we are not just our physical bodies, but also a love that never dies.

(pick an image to meditate on and insert below and/or put in front)

Leader (read slowly):

Let us now share this love with each other.

(Hug and return to seat)

Part 5: SERVICE

Leader (state slowly):

In this miracle of "We", may we never forget our supreme duty to be agents of healing and love. Let us now go forth and share our unique talents and gifts with the world so that all things can continue to become one in love!

Together we say:

*(Choose a word that honors your particular religious tradition, lineage, or worldview,
such as Namaste, Amen, more silence, etc.)*