

GO IN TO YOUR HEART ROOM

Your heart room is a special place where you and only you can go to meet Jesus, have a chat and be at peace with him. This is best done by going to a quiet spot. One of the ways that you can spend this quiet time with Jesus is in Christian Meditation. When you are really quiet, Jesus can speak in the silence of your heart. You sit very still, close your eyes lightly and say over and over silently the word: "MARANATHA". Every time you realise you are distracted, you just come back and start saying 'Maranatha' again. You can do this anywhere: alone, with your class, at home: for 10 minutes or so. For further information on how to practise Christian Meditation refer to <http://www.meditationwithchildren.com> or <http://www.wccm.org>

