

## Bedtime Meditation

By Heath Howe



Bedtime can be a holy and sacred time between children and their parents; a time when meaningful and rich conversations take place. True sacred ground! It can also be a challenging time with struggles over staying in bed or fears of being alone. Use this meditation to help your child gain the experience of peaceful rest, the enhancement of the imagination, and the spiritual awareness of Christ's presence in her or his life.

**For**  
Young Family

**Season**  
Spring

**Needed**  
Flashlight or nightlight for reading the guided meditation

### Prepare in Advance

Read through the meditation at least once. Practice reading slowly so your child can follow easily. After using this meditation once or twice, parents should feel free to add or change pieces to connect more fully with their child. For example, change the season, or have the child meet a friend living among the creek such as a squirrel or bird. Have fun with this tool and make it your own!

### Activity Plan

1. Pray bedtime prayers with your child
2. Have child get into bed and make him/herself as comfortable as possible.
3. Explain you will be reading a meditation. Invite your child to listen and follow along and allow the "story" to lead them to quiet sleep. There is no need to talk or answer. Your child is to listen and allow his/her imagination to guide them.
4. Read the meditation below slowly and with a quiet and peaceful tone:

## Bedtime Meditation

Make yourself as comfortable as you can. Allow your body to relax gently on your bed and pillow. (Pause) Notice how your breath slows down as you begin to relax. One breath at a time. Breathing gently and slowly. In and out. (Pause) In and out. (Pause) Let any thought of today simply leave your mind. Your mind becomes still and quiet as you breathe in and out. (Pause)

Now, I want you to imagine that you are lying in a big green field. The time of year is early summer. The sky is a beautiful blue with pretty white, fluffy clouds. The sun feels warm on your skin. The grass beneath you is soft like velvet. You can smell the sweet scent of wild flowers next to you. It is as if God has made the perfect summer day just for you. (Pause)

As you slowly rise from lying in the field you hear the sound of water. I wonder what it is? It is too loud to be a pond but too gentle to be the ocean. As you listen to the sound of the water you begin to walk toward the sound. As you get closer you hear the water gently rushing, rushing over rocks maybe? You take a few more steps through the field toward some bushes and small trees. At last you are there. Ah! It is a brook, a creek.

You bend down and touch the water. It is cool. Not too hot on this summer day but not too cold either. Cool and perfect. You notice a few small fish and a mother frog swimming with her children through the water. One by one the frogs begin to jump from lily pad to lily pad. That looks fun! (Pause)

Why don't you join them in the water? You look around and notice something very strange. It is a leaf but it is the biggest leaf you have ever seen. It is very beautiful, shiny and green. It seems almost magical. It is a child-size green leaf. Next to the leaf is Mrs. Duck. She has been waiting for you to come. She smiles and takes the leaf into her bill. She drags it to the edge of the water. She looks back at you, smiles, and nods. She is inviting you to ride on the leaf.

You walk to the bank of the creek, next to the leaf and thank Mrs. Duck. You place the leaf in the water and carefully jump onto it. Ah, it is fun to ride the leaf. The water carries you and your leaf down the creek. You pass a lovely willow tree that seems to be bowing or reaching out to you. You pass many bushes and flowers. You even notice a young deer and two rabbits peeking out from behind a few of them. It is fun to ride along this creek.

After a bit the water seems to slow down and the leaf leaves you right at the bank of the creek on the right hand side.

As you step off the leaf you notice a very large tree root in front of you. It is so large that you have to stand on your tip-toes to see over it. How can this be? You follow along the root until you get to what is most certainly a tree trunk. Only this tree trunk is like none you have seen before. It is the largest, most grand, most royal looking tree ever. As you look up the trunk you see the large branches going higher and higher in the sky. The tree is so tall you cannot see the top. You notice the branches have leaves just like the one that brought you here.

Then you notice just in front of you on the trunk of the tree is a door, a child size door just the right size for you. The door itself is the same color as the tree trunk but the handle is a bright shiny gold.

As you turn the knob and open the door you see a sparkling, tall, glass staircase just inside. As you walk up the stair you hear that each step makes its own musical note as you climb. You smile and giggle as you walk up the staircase.

When you reach the top you see another door. This one is bright blue with another gold doorknob. When you open this door you see that on the other side of the door, waiting to greet you, is Jesus.



He smiles at you and welcomes you by name. "Hi, \_\_\_\_\_, I am so glad you are here. I have planned a special celebration just for you." Jesus takes you by the hand and leads you around a room full of all your favorite things. Your favorite people are there - your mom/dad, sister/brother, grandmother/father - all your favorite people are in this room. You notice your favorite animals are here too. They are all playing and having a great time.

Jesus shows you a table that has your favorite food on it, including, of course, your favorite dessert! Next he shows you all your favorite toys and games that are in the room. You even hear all your favorite songs playing, one after the other.

"This is YOUR celebration", Jesus says, "I have planned it just for you. We are so glad you are here. We all love you so much. You are so important. The world is a better place because you are in it."

Why don't you spend sometime enjoying your celebration. I will leave you now with Jesus and all your favorite things and people. I wonder what you all will do together? (Pause)

***(You may end the meditation here. If your child is still awake continue with the following:)***

It is time for your celebration to come to a close. You have had a great time playing, dancing, laughing, and being with Jesus and those you love. Just before it is time to go Jesus lifts you up in his arms.

"See the star at the top of the room? The bright star? That star hold a very special light, light made of my love. I want you to take a piece of that light with you as you go."

With that Jesus lifts you higher so you can scoop some of the light from the star into your hand. The light is warm and soft. You show it to Jesus as he lowers you down. "Now, place it here." Jesus slowly guides you to place the light, His light, into your heart. Now, you have the light of Christ within you.

"Every night before you go to bed I want you to look up at the stars and remember that my light shines in you."

Then Jesus places you back on the ground and leads you to the door. He opens it and the two of you skip together down the musical stairs.

Once outside Jesus walks with you to the large leaf. Mr. Bullfrog is there to paddle you back up the stream to the large green field.

"You may visit me anytime, you know," Jesus says. Just close your eyes and imagine your tree house celebration or feel my love in the warm bright star light within your heart. I am always with you. And remember the world is a better place because you are in it."

As you ride on the leaf with Mr. Bullfrog back up the creek you turn back and see Jesus smiling and waving to you. Once the ride is over you thank Mr. Bull Frog and turn back to the field. When you come back by the flowers where you were lying down before you see your mom/dad. He/She are smiling and waving and so glad to welcome you back.

