

SOGL Kindergarten Family Prayers

April: Easter Season Meditation

Preparing to Pray

During the Easter Season, which extends from Easter Sunday through Pentecost, we celebrate Jesus' Resurrection. It is a time to joyfully thank God for raising Jesus from the dead and to remember that through our Baptism, Jesus invites us to share in his new life.

Tell your child that you are going to pray a quiet prayer in which they will use their imagination. Explain that this type of prayer is called a meditation.

Praying Together

Parent: Let us close our eyes and breathe slowly and quietly.
(Invite your child to inhale and exhale as you count to four. Once they are calm and relaxed, speak the words below slowly, pausing between each statement).

Parent: Picture yourself sitting alone near Jesus' empty tomb.
All at once, Jesus comes to sit next to you.
He calls you by your name, (_____).
Listen to Jesus as he talks to you in your heart and mind.
Jesus tells you that he loves you.
Jesus invites you to show your love for him by loving others.
Tell Jesus that you want to help others.
Tell Jesus that you love him.

After a few moments, ask your child to open their eyes. Together, praise God by praying "Alleluia!" three times.

Working with Your Child

- Have your child name some of the signs of new life we see during Eastertime (eggs; baby chicks; growing grass; spring flowers; and so forth). Help your child to understand that for Jesus' friends, these signs remind us that we celebrate Jesus' new life at Easter.
- Sing together an Easter song your child learned in class. It is sung to the tune of "Frère Jacques."
Signs of new life, signs of new life,
I can see! I can see!
Easter life around me, Easter life around me.
Alleluia! Alleluia!