

An Advent Guided Reflection on Emmanuel, “God with Us”

This Guided Reflection is a meditation on the name Emmanuel, “God with us,” and invites children to focus on where in their lives they most need God to be with them.

Take a moment to get comfortable.

Imagine that whatever you’re sitting on...the floor, a chair, a desk...is in the presence of God.
You’re in a very safe place.

Take a few deep breaths. In...hold it...out. In...hold it...out. Do that a few times on your own.
Feel your heart slow down. Feel yourself relax.

Now we’re ready to spend some time with Jesus.

During Advent, we sing, “O Come, O Come, Emmanuel!”

Emmanuel is a name that means “God with us.”

When we are sad or frightened, none of us wants to be alone.
We want someone to be with us to give us strength, courage, and hope.

During Advent, we pray in a special way for God to be with us. Knowing that God will be with us gives us strength, courage, and hope to face the future, especially if our present is sad or frightening and if our future seems hopeless.

Take a moment to thank Jesus—Emmanuel—for being with us, for being with you.

Tell Jesus about anything in your life that is making you feel alone, sad, frightened, or confused.

Listen to Jesus as he tells you that he is with you and that you don’t need to be afraid.

Ask Jesus for the courage, strength, and hope to face the present and the future,
knowing that you’re not alone.

Tell Jesus where you need him most in your life now and in the future.

Listen to what Jesus has to say to you.

In the song, “O Come, O Come, Emmanuel!” we sing, “Rejoice! Rejoice!
Emmanuel shall come to you, O Israel!”

And today, we can say, “Rejoice! Rejoice! Emmanuel shall come to you, [NAME].”
(Say the names of the children in your class.)

