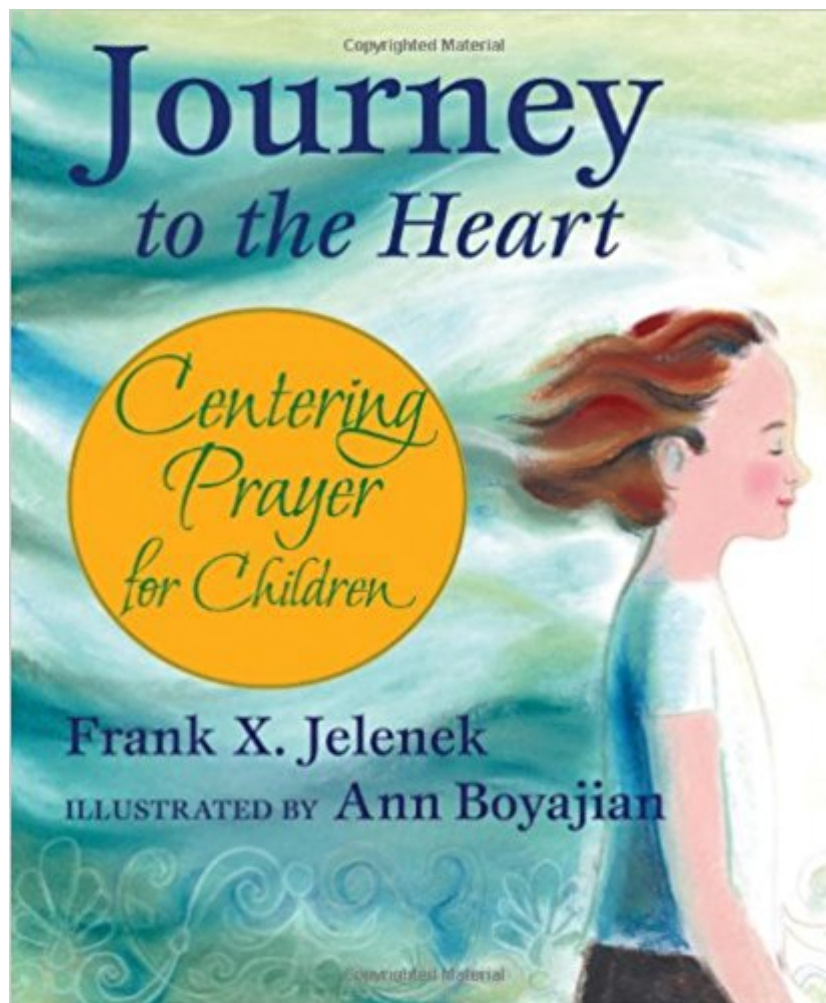




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# Journey To The Heart: Centering Prayer For Children



## Synopsis

This new resource has been declared Nihil Obstat and Imprimatur by William B. Smith, S.T.D., Censor Librorum and Dennis J. Sullivan, Vicar General, Archdiocese of New York. Millions of books have been sold, teaching adults the practice of centering prayer. Finally, a guide for children! Centering prayer is a way of opening our whole being to God, beyond thoughts, words and emotions. It is simple and practical – a way of preparing heart and mind to receive the gift of intimate relationship with God. Jesus said, “When you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will reward you.” (Matthew 6:6) Frank Jelenek shows young children just how to do that. The first guide to a contemplative prayer practice for children, *Journey to the Heart* both instructs and inspires. Many parents and teachers will learn from this colorful treasure of a book, as well! Until now, parents and teachers had no resource available to introduce children to the joys of communicating with God in this special, intimate way. This loving book makes it easy for children to share in the spiritual nourishment of centering prayer through age-appropriate illustrations and text that provides clear directions and encouragement in simple, fun language. Ideal for ages 3 – 10.

## Book Information

Paperback: 32 pages

Publisher: Paraclete Press (October 1, 2007)

Language: English

ISBN-10: 1557254826

ISBN-13: 978-1557254825

Product Dimensions: 8 x 0.1 x 9.8 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 22 customer reviews

Best Sellers Rank: #164,074 in Books (See Top 100 in Books) #4 in Books > Children's Books > Literature & Fiction > Religious Fiction > Christian > Learning Concepts #122 in Books > Children's Books > Religions > Christianity > Prayer #161 in Books > Children's Books > Religions > Christianity > Devotional

Age Range: 3 - 8 years

Grade Level: Preschool - 5

## Customer Reviews

Contemplative prayer would seem to be a discipline more suited to adults than children, but this

easily understandable book offers a framework that even primary-schoolers can work within. The book begins by introducing the concept of the soul explaining that a journey to the deepest part of the heart is time to commune with God and Jesus. First, the book suggests choosing a secret word or phrase such as faith, Father, Jesus, or Holy Spirit. Then, it recommends sitting silently, eyes closed, feet on the floor; if others are participating, it suggests placing chairs in a prayer circle. The next step involves saying the secret word silently while resting within. When other thoughts intrude, participants can let them float away during the six moments of silence they are to spend with God. The session ends with the Our Father. The gentle text encourages children, and the attractive, simple pictures, often depicting people at prayer, are done in warm, gentle colors. An unusual, peaceful offering. Booklist October 2007

Frank X. Jelenek is a member of Thomas Keating's Contemplative Outreach, dedicated to teaching and practicing centering prayer to people of all ages. He works for Scholastic Book Fairs and shares his passion for books and prayer with his twenty nieces and nephews. Ann Boyajian is also the illustrator of Samantha's Friendship Fun (in the American Girls(tm) series), and many other books.

this is amazing. a few days after my husband read this to my daughter (5 y/o). she unexpectedly told me she wanted to have God in her heart. then a few weeks later, she was trying to teach my 3 y/o son how to meditate. she was telling him to say his sacred word to himself as he took in a breath. she used the example "holy spirit" - it was so sweet. i really like the book - and i think the author does a really good job explaining Christian meditation and centering prayer to children. (and beginning adults). i highly recommend this book!

I LOVE this book! I bought it for my daughter to use with her sons but loved it so much, I bought one for me. Good instruction on how to truly "Be still and know that I am God."

Too Christian in it's content for my intended use in a Unitarian Universalist setting.

This is a wonderful introduction to centering prayer for children! I highly recommend this book.

This book can change the life of your children. In a society that looks down on stillness and quiet, this book teaches children the value of those things and encourages them to daily practice.

I used this with a small group of families to introduce an alternative prayer concept. It was received well.

I bought this for my daughters. We all have an inner life and a path to find our Life Energy/God. Not easy and so worth it. Great to have it in a format kids can understand.

Wonderful book! Am teaching 50-odd children to meditate.. and they love it!

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