

Middle School
Meeting for
Worship:

**A How-to Guide
by 6th Graders**

**"[. . .] it's a test of courage:
of standing up to speak,
of listening,
of staying still,
of being respectful
when you don't agree with someone."
- 6th Grader on MFW**

Westtown School
April 2011

Worship and Prayer . . .

- pray
- practice saying prayers you might have learned at church in your head
- think religious thoughts
- worship
- pray for someone
- think about God . . . sometimes
- center yourself, gather your thoughts, because everything is really busy and sometimes rushed
- listen to our hearts and souls

Gratitude and Hope:

- be grateful for what you have
- wish on a star

Music . . .

- sing a song in your head
- practice playing your music instrument in your head
- tap a song on your leg
- sing inside your head

Meditation and Calm . . .

- rest; stop thinking about the world
- calm down
- take deep breathes
- repeat a word over and over, like a mantra
- meditate
- let peace find you
- relax
- settle down and forget your worries
- think about a peaceful experience
- zone out and daydream
- think about my house
- count 1,2,3,4 over and over to clear your mind and let it go blank
- have something small in your hands to fiddle with -- turn over and over, etc.
- be quiet
- clear your mind
- let go of things that worry you
- clear your mind and get something off your plate; don't add a worry
- have a break in the rush of life

Listening . . .

- listen
- listen to inner sounds
- listen to the sounds around you
- listen to the outdoors
- ignore the little kids downstairs
- try not to laugh in the silence
- close your eyes and listen to the shuffle of feet
- when you're outside, listen to the sounds and feel the air around you
- enjoy the quiet
- learn from what others say

Reflection . . .

- catch up to life
- let life catch up to you
- think about your last class
- reflect on the day
- just think about life
- think about queries
- collect your thoughts
- think about things that make you happy

- thinking in this time can help ease your mind and help you make better decisions
- think about an exciting thing that happened in the past
- think about problems you have and try to fix them
- think about a book you like
- look at the shapes on the ceiling and try to make pictures
- think about what happened during the morning, what went well and what you could have done differently or better
- go over stories in your head
- think about your favorite food and imagine eating it
- look out the windows
- think about worries
- think about choices you are making and made sure they are good
- think about the Buddha
- let your imagination fly

Sharing and Ministry:

- you can silently have questions about what people who have stood up said, and try to answer them for yourself
- stand up and speak if something moves you
- share
- think about a message, even if you don't think you'll stand to share it
- take what someone shares during MFW and think about how it relates to you
- speak more
- dare yourself to speak
- say what is important
- if you need to get something out, you can share

Family and Friends . . .

- stop and try to understand people
- think about your family, and what they might be doing
- worry about people in your family
- I think about things that I don't like to tell my friends, and that helps me

because it's like that burden has been taken off my shoulders

- think about siblings
- think about my pets

Look Ahead . . .

- think about what you'll do in your life
- review for a quiz or test in your head
- think about homework
- prepare for the rest of the day
- think about how to accomplish your dreams
- think about things you look forward to doing
- close my eyes and imagine playing pro soccer and scoring the winning goal
- think how to avoid demerits
- think about summer
- think about breaks, snow days, days off
- plan things to do later
- look forward
- ask yourself: what's next?

**"Meeting for
Worship is the best
thing that happens
to me during the
whole week."**

- written in a 6th grade
student journal