

# Somedays' Meditations

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Scripture meditations for middle school-aged children  
Sunday and Wednesday, October 2025



# Welcome to Somedays' Meditations

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Welcome to our first edition of Somedays' Meditations! This idea came from when Helene and Tim Hannon were talking over lunch about how to better serve the new youth group at Christ Church. We thought of different ways to help them see Jesus in the world around them and not just at church or when they were actively praying. One of the ideas we had is this book of meditations that you hold in your hand.

Adults have something called *Forward: Day-by-day*, which is a collection of short meditations for each day of the month. They come in little booklets that are easy to carry around and read whenever we have time. But what about a similar project for children?

These meditations are for you whenever you have some free time during the day. It's best to read them at the same time each day, but it's up to you. Read the Scripture, think about it a little, then read it again. Then read the meditation through. At the end, see what you feel about it. We've included prayers or activities to do, and these are up to you as well. Use this book as you want.

Know that you are in our prayers. Keep close to Jesus and open your heart to God. Live the love of Christ that we are given at all times, everyday!

## Wednesday, October 1, 2025

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As they were going along the road, someone said to him, ‘I will follow you wherever you go.’

Luke 9:57

Near our house, there is a trailhead to Green Lakes Park. It’s a beautiful trail that winds through the forest. On either side are trees of all different kinds, little pools of water, and many bushes where animals make their homes. But when we go for a walk, we always stay on the trail. There are even signs that tell us: stay on the trail!

We stay on the trail for many reasons. First, we don’t want to upset the animals that live there. It’s also for our safety, though; we don’t want to get ticks or fall into the water or get lost. These things are easy to do when we’re out in the forest away from what is familiar to us.

Many of Jesus’ disciples called him “the Way.” Following him means sticking to the path he made, which is the way of goodness and life. Jesus was a healer, and he gave hope to others who had none. As Christians, it is our job to follow him and love who he loves.

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### A Prayer

Jesus, help me to follow you. Help me to know you, to know what you love and what you hope for. I know you are here for me, Jesus, and I am here for you. Amen.

## Sunday, October 5, 2025

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“The Lord replied, ‘If you had faith the size of a mustard seed, you could say to this mulberry tree, ‘Be uprooted and planted in the sea,’ and it would obey you.’” Luke 17:6

Do you know how tiny a mustard seed is? They aren’t things we usually see in Central New York. Well, the good news is I was able to look it up. Here’s what I found: a mustard seed is anywhere from 1 to 2 millimeters in size. It’s about as long as an ant’s leg. It’s between the thickness of a library card and the thickness of a dime. So, tiny.

Jesus says that even if we have faith the size of a mustard seed, we can still do great things. But faith isn’t a physical thing that we can measure, so what does tiny faith mean? Does it mean that a person only feels faithful in certain situations? Does it mean a person is unsure or doubting what they have been taught? Does it mean a person is just beginning and doesn’t know much about God? Maybe Jesus’ words could mean all these examples and much more. Growing in faith is a wonderful, exciting, often life-long journey. But it’s not always an easy, straight line. Even if someone’s faith shrinks or shatters, they can still do wonderful things.

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Try this prayer: Lord, guide my faith and lead me to do great things.

# Wednesday, October 8, 2025

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“Lord Jesus, teach us to pray.”

Luke 11:1

How do you know that someone is praying? What do people look like when they pray? Some people put their palms together, others kneel, and some people make the sign of the cross over their chest. There are many ways to pray with our bodies, but what do you say, either out loud or in your hearts?

The easiest way to pray is to talk to God. Just say what comes to your mind. Tell God about your day, like you tell your parents what happened at school. Talk to God about things you love, like you tell your friends about a new book you read or a trip you went on. God just wants to hear from us: to hear our worries, our joys, our hopes, our frustrations, everything. That's how Jesus taught his disciples to pray and how he himself prayed to his Father in Heaven.

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## Practice

Tell God about three things: about something you love, something you're scared of, and something you're excited about. Just say it out loud or think it in your heart, whichever you want.

## Sunday, October 12, 2025

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“Jesus said, ‘your faith has made you well.’” Luke 17:19

Faith can do a lot. In this story, faith in Jesus’ advice seems to be what heals the 10 people. They come to Jesus and pray for mercy. He tells them to go see a priest and on the way—while following his directions—they are healed. It’s the Samaritan who Jesus says the above quote to, since he’s the only one to return.

But, the Samaritan wasn’t a follower of Jesus, he comes from a different culture with different traditions and faith practices. Imagine what he must have been thinking and feeling. He suffered from a long-term infection that just wouldn’t heal. He lived with other people who had the same condition. I’ll bet they became friendly to each other, despite their cultural differences, because they were able to find things they shared in common. Maybe what they shared was their discomfort or their symptoms. Or maybe what they shared was their deeper humanity that they could finally see once they were isolated together. They heard rumors about Jesus, a miraculous traveling healer and they decided to go and find him. This Samaritan trusted his new friends’ faith and decided to join them. And they were all healed.

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Practice: If you feel your faith waning, look to those who are close to you—even new friends—for support

# Wednesday, October 15, 2025

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“My soul waits in silence for God alone.”

Psalm 62:1

Our days are busy! If you wanted to, you could fill your whole day with things to do: school, chores at home, eating meals, playing with friends, readings books – anything! There is always another game to play, another friend to see, another chore to do. But what if you simply did nothing at all? What if you waited in silence for God and with God?

Being quiet and doing nothing is difficult, both for kids but also for adults. The older you get, the more busy you seem to be. That’s why it’s important for everyone to practice silence and stillness. This practice can be kind of like daydreaming: wonder about what God is like, picture what Jesus may have looked like or the sound of his voice. Or, talk to God. Just babble some things that you’re thinking about. Or, simply, just be quiet and try to turn your heart to God. The more you do it, the more the phrase “turn your heart to God” will make sense. Keep at it, and your life will become calmer and more joyful even if you’re busy doing tons of things!

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## Practice

Take some time today to be silent. Go up to your room or find a favorite spot in or around your house and just sit with God. See what God says, or feel God’s presence being silent with you!

## Sunday, October 19, 2025

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“Jesus told his disciples a parable about their need to pray always and not to lose heart.” Luke 18:1

I think this parable is so interesting for a few reasons. Before we even get to the parable that Jesus told his disciples, we’re told what the meaning of it is. I think this is so interesting because that first part, the meaning of the parable, was figured out after the parable was told. But we’re reading it first. I wonder if we’d understand the parable the same way if we didn’t have that guide there to tell us, “Here’s what the next story means.”

We know what Luke understood about the parable, now let’s look at the story itself. According to Luke’s interpretation, the disciples are supposed to put themselves in the widow’s place. “Pray always and don’t lose heart” just like the widow. But then Jesus tells the story from the judge’s point of view! I think this is so interesting. We can kind of have an idea of what the widow was feeling, based on her actions. But it’s the judge’s head that we get into, his thoughts that we hear. We can see this parable from multiple perspectives.

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Practice: Even when you think you know “the point” of something, try to still see it from another’s point of view. Most of all, don’t ever give up.



Wednesday, October 22, 2025

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“Jesus sent his disciples out to proclaim the kingdom of God and to heal.”

Luke 9:2

How do you know if you're doing the right thing? Sometimes it's easy to tell right from wrong: bullying people is wrong, saying 'please' and 'thank you' is polite. But sometimes it's hard. Should you tell the teacher that your friend did something dangerous? Is it okay to tell a little white lie, especially if no one would be hurt by it? Life can be confusing at times, and it's hard to know what to do.

Christians follow the words of Jesus, and we do what he does. And what did Jesus tell his disciples to do? He told them to *heal*. Another way to say this is: to make whole or to give life. When you're faced with a decision, think what act would heal the person involved.

We can be hurt by words or actions in our life, and some people hold onto these hurts for a long time. Sometimes they sit very deep in our hearts. What can we do to help people heal from those hurts? Maybe just saying 'please' or 'thank you' isn't enough. Maybe we need to do something more. Ask yourself: what could that “something more.”

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Activity: Spend some with God talking about what hurts you. Talk to your parents about these things, too. Talk about ways that those hurts can be healed.

## Sunday, October 26, 2025

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“All who exalt themselves will be humbled, but all who humble themselves will be exalted.” - Luke 18:14

When I was a kid, I was always told, “If you’re not 100% sure of what a word means, look it up.” A lot of times we can glean a meaning based on the context—what comes before and after a word that might give us clues. In this Luke quote, even if you don’t know all the meanings of all the words, you can probably guess that “exalt” and “humble” are opposites of each other. Through the story, we can see how one man exalts himself and the other acts an opposite way. The man who society would call virtuous and honorable brags about how much greater he is than other people. The man who society thinks is a cheater and a bully loudly asks for mercy. I know who I’d personally want to spend more time with.

But now here’s the next part. Jesus says the one man goes home and is more “justified” than the other. What does “justified” mean? Looking up the word, gathering clues through context, rereading the story, these are all ways to understand a meaning. So, what do **you** think Jesus meant here?

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Extra information: A very famous prayer is taken from this passage: “Lord Jesus Christ have mercy on me, a sinner.”

# Sunday, October 29, 2025

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“The earth, O Lord, is full of your love.”

Psalm 119:64

Today is the feast day of St. Theresa of Lisieux (pronounced Liss-ew), a young nun who lived in the late 1800s. St. Theresa became a nun at a young age. She lived a very simple life and had a very simple faith. She saw God in doing small things for other people: cleaning up after them, sweeping the floor, and being cheerful and polite. She wrote a book called *A Story of a Soul*, which helped people appreciate God in their lives.

We often think that God is with us when we're at church and when we pray, but St. Theresa reminds us that God is with us always, even when we're doing things like our chores! How? God never stops loving the world and giving us life. We couldn't do anything, even walk across the street, if the Holy Spirit weren't with us. God is hope and love and life. Every moment is a chance to live that life and hope in a world of love!

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A collect (or prayer) for St. Theresa: Gracious Father, who called your servant Thérèse to a life of fervent prayer, give to us the spirit of prayer and zeal for the ministry of the Gospel, that the love of Christ may be known throughout all the world; through the same Jesus Christ, our Lord. Amen.

# Writers for Somedays' Meditations

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These meditations were written by the following people. If you are reading this and thinking “wow, I’d love to do this, too”, then just get in touch with us! Email [rector@christchurchmanlius.org](mailto:rector@christchurchmanlius.org) or just talk to Father Tim or Helene Hannon after Mass on Sunday. The more people we have writing, the more days we can cover!

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**The Rev. Tim Hannon** is the rector at Christ Church, Manlius. He’s been a priest since 2017. His favorite things are cheese cake, the Eucharist, and trees (among others). He has lived in New Jersey, Georgia, Oregon, Tennessee, and Japan. If he had a whole day to do anything he wanted, he would travel with his family to see new things!

**Helene Hannon** is the Children’s Education Coordinator at Christ Church, Manlius. She is a trained librarian and has worked in all sorts of libraries, all across the country. She likes drawing and doodling as prayer. Her favorite animals are foxes and fish.