



# Journey *to the Heart*

## *Centering Prayer for Children*

Frank X. Jelenek  
Illustrated by Ann Boyajian



PARACLETE PRESS  
BREWSTER, MASSACHUSETTS



*Journey to the Heart: Centering Prayer for Children*

2007 First Printing

Text copyright © 2007 by Frank X. Jelenek

Illustrations copyright © 2007 by Ann Boyajian

ISBN: 978-1-55725-482-5

Jelenek, Frank X.

*Journey to the heart : centering prayer for children / Frank X. Jelenek ; illustrated by Ann Boyajian.*

p. cm.

ISBN 978-1-55725-482-5

1. Prayer-Christianity-Juvenile literature. I. Boyajian, Ann. II. Title.

BV212.J45 2007

248.3'2-dc22

2007017666

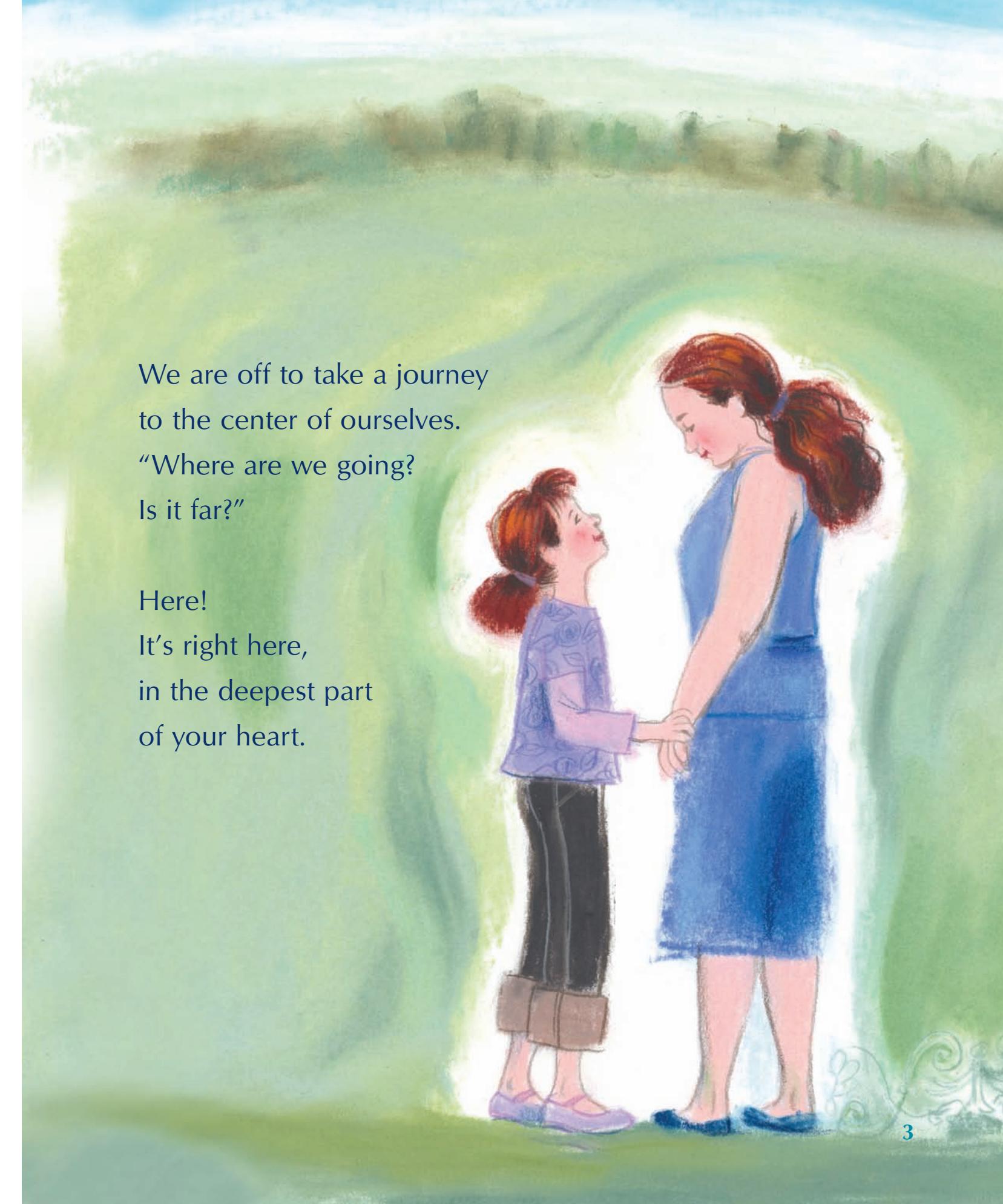
10 9 8 7 6 5 4 3 2 1

All rights reserved. No portion of this book may be reproduced, stored in an electronic retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopying, recording, or any other—except for brief quotations in printed reviews, without the prior written permission of the publisher.

Published by Paraclete Press  
Brewster, Massachusetts  
[www.paracletepress.com](http://www.paracletepress.com)

Printed in Malaysia



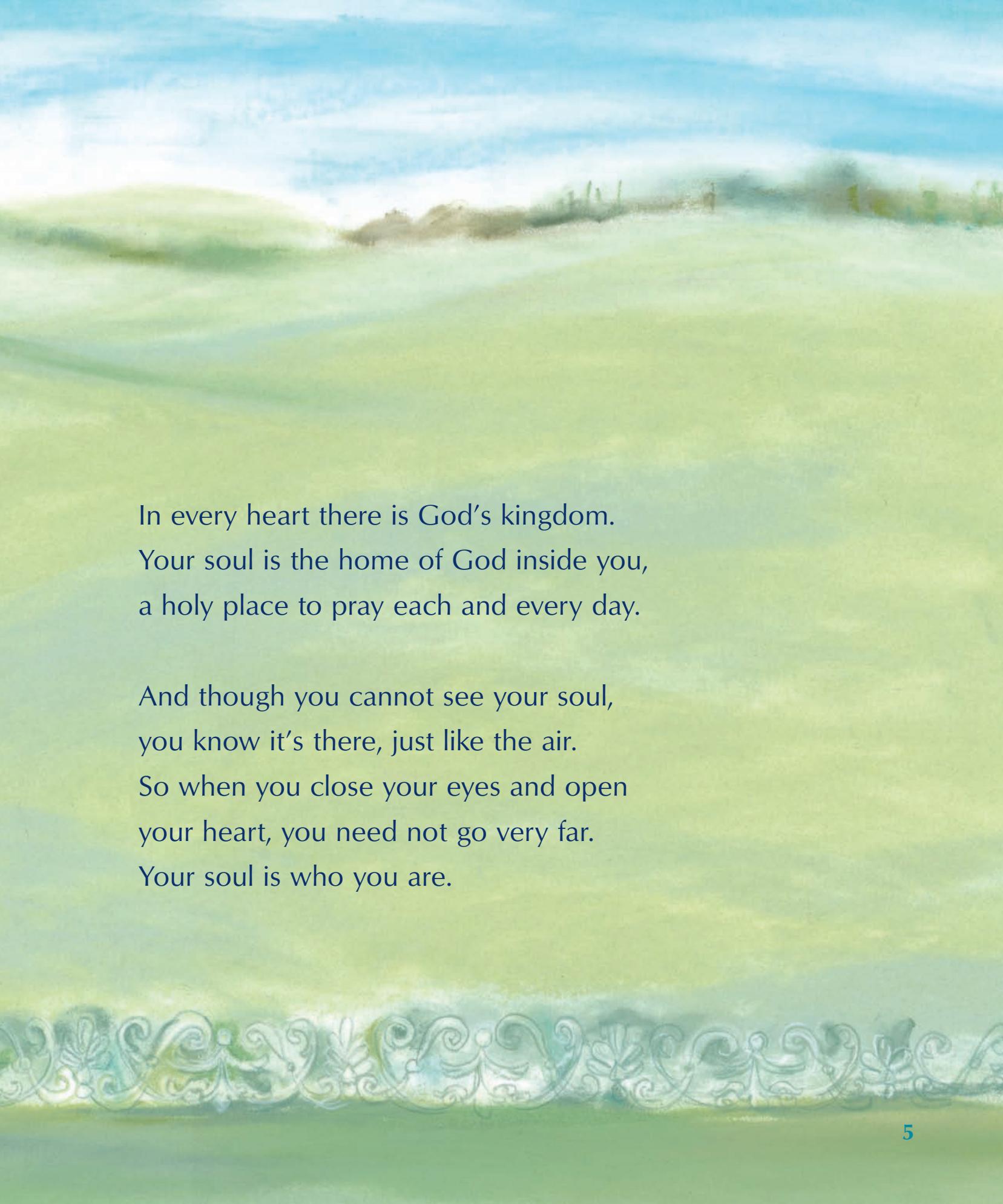
A soft-focus illustration of a woman and a young girl standing in a green field. They are holding hands and looking up at a bright, circular light source in the sky. The woman has long brown hair tied back and is wearing a blue dress. The girl has short brown hair and is wearing a purple top with a floral pattern and dark pants.

We are off to take a journey  
to the center of ourselves.

“Where are we going?  
Is it far?”

Here!  
It's right here,  
in the deepest part  
of your heart.

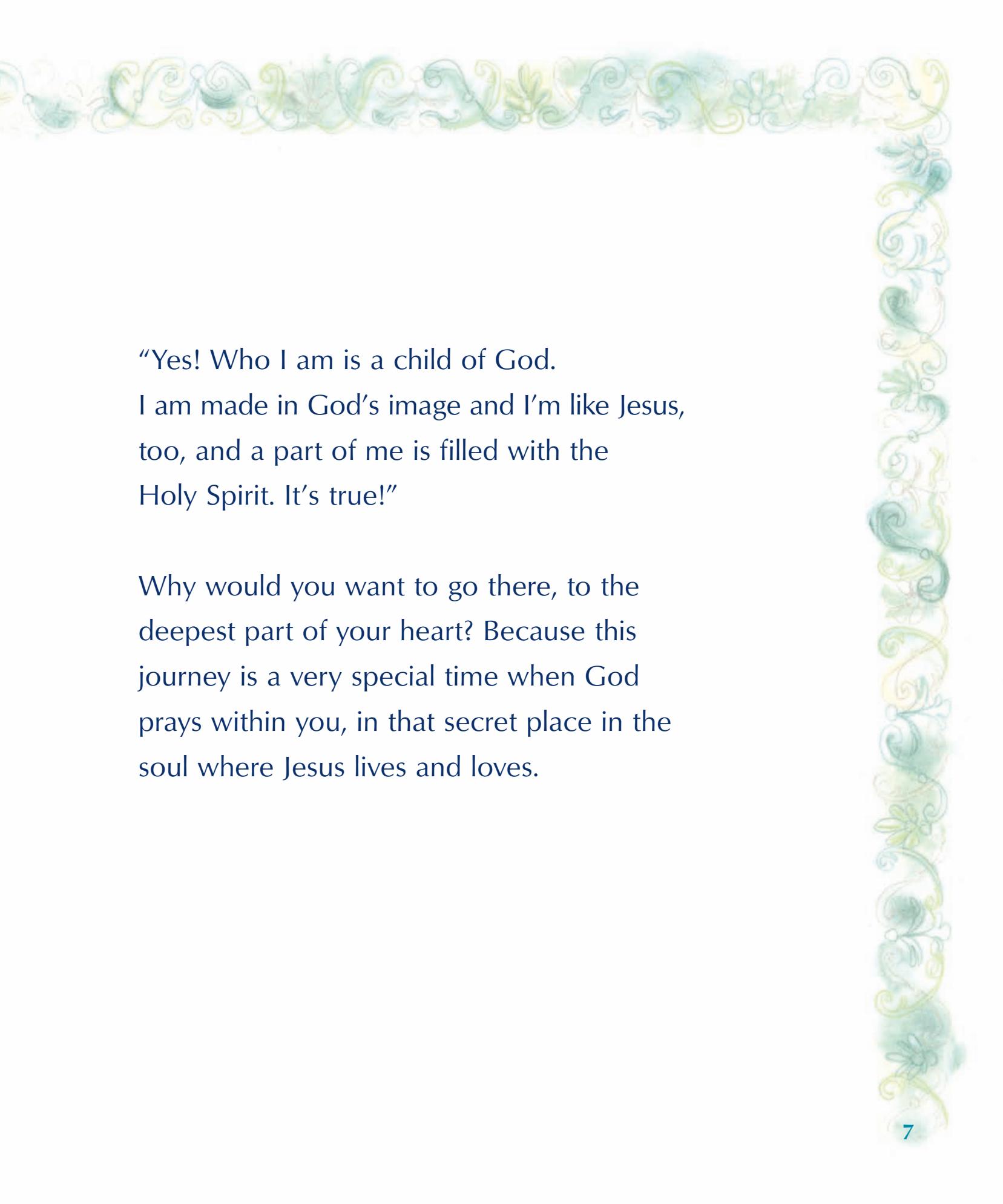




In every heart there is God's kingdom.  
Your soul is the home of God inside you,  
a holy place to pray each and every day.

And though you cannot see your soul,  
you know it's there, just like the air.  
So when you close your eyes and open  
your heart, you need not go very far.  
Your soul is who you are.





“Yes! Who I am is a child of God.  
I am made in God’s image and I’m like Jesus,  
too, and a part of me is filled with the  
Holy Spirit. It’s true!”

Why would you want to go there, to the deepest part of your heart? Because this journey is a very special time when God prays within you, in that secret place in the soul where Jesus lives and loves.

"So, now, how do I get to that place  
in my heart? Is it a long journey?  
When can we start?"

No, it won't take you long—only a few  
minutes, really.

But first, you will need a special, secret,  
sacred word. A holy word that is a key. A  
secret way to knock, a sacred key to unlock,  
the center of your heart.

You can choose your own word—a secret  
just between God and you.

Here are some special words to pick and  
choose from:

CREATOR

faith

FATHER

HOPE

Savior

Jesus

HEAVEN

Holy Spirit

God

love





You may find another word in your Bible.  
But remember, keep it safe and secret in  
your heart and mind, even though you may  
change it from time to time. Your key will  
always work, will open every lock and door,  
when it is spoken from the heart—  
we know that for sure.

Do you have it—your word, I mean?  
Okay, now repeat your secret word,  
like a whisper in the heart, and only by God  
is it heard.