



Weekly Resources for Collective Worship, Spiritual  
Development and Pastoral Care

**PHASE: PRIMARY**

**WEEK 1 THEME:  
HOPE**





### KEY CONCEPT/MESSAGE:

Sometimes it can be hard to have hope, especially in difficult or worrying times. However, Christians believe that Jesus teaches about hope as something that can grow, with encouragement and faith. Hope is to be shared.

### ***EVERYONE CAN BE A HOPE CARRIER***

‘Hope is a baton, something to be held onto but also passed on. Hope comes to us... to flow through us.’

### BIBLE STORY OF THE WEEK:

The Parable of the Mustard Seed (Matthew 13:31-32)

‘The smallest of seeds... becomes a tree.’



## TO CONSIDER AS YOU PREPARE

### KEY QUOTE OF THE WEEK:

*'May your choices reflect your hopes not your fears'* (Nelson Mandela)

**LISTEN:** 'Cornerstone' song <https://www.youtube.com/watch?v=izrk-erhDdk> This song is an encouragement to hold on, regardless of our circumstances – even in 'every high and stormy gale', to hope. For Christians, this hope is placed in Jesus Christ, whom they call 'The Cornerstone'.

Wonderful World by Louis Armstrong: <https://www.youtube.com/watch?v=DRONFXoXsJ0>  
For many people, looking at the wonder of nature can give them a new perspective and a renewed sense of hope. Where do you go to find new hope?

**WATCH:** 'What is your hope?' Simple activity for schools - <https://www.youtube.com/watch?v=dlcU5uHMdTM>

### THINK:



What does this picture make you think of?

How might it be possible for this plant to be growing here?

What makes hope grow in difficult situations?

### PRAY:

Dear God, we thank you for giving us hope when we feel worried, when we are having a hard time, when we don't know what's ahead of us and when we are sad. Thank you that even the smallest seed of hope can grow into a big, tall tree. Please help us when we find it hard to be hopeful, so we can offer hope to others. Amen

# I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

## GATHER:

Find a place where you can be still, without interruptions. You might like to light a candle as you begin.

I wonder what the smallest thing you can find in your house might be?

Can you hold it in your hand? Will it fit on your fingertip?

Look at it closely. How does it make you feel?

## ENGAGE:

In today's Bible story, Jesus talks about something very tiny. A seed. A very, very small seed called a mustard seed.

Let's read the story together:

<https://www.biblegateway.com/passage/?search=matthew+13%3A31-32&version=NIVUK>

Perhaps you'd like to act out making yourself into a tiny seed – as small as you can possibly squish yourself.

Now stretch up as tall as you can, like the tallest tree you have ever seen.

This is what hope is like. It starts really small. We only need a tiny bit to get going.

Seeds are **hope carriers**.

If we keep hold of our hope it starts to grow... little by little... until before we know it, it's grown into something huge – like an enormous tree!

I wonder, what are you hoping for right now?



What do you think is happening in this picture?

Who do you think this man is?

Watch this news item to find out more:

<https://www.bbc.co.uk/news/av/uk-england-leeds-52213388/coronavirus-grimsby-teacher-delivering-dozens-of-lunches-a-day>

How is he being a **hope carrier**?

How could *you* be a **hope carrier**?

## REFLECT:

Think about what seeds need to grow into plants and big, tall trees.

What do you think hope needs to grow?

Why don't you discuss that with your family now?

## SEND OUT:

Hold the small object you found at the start inside your hand and make a fist around it. Now think about the thing you hope for most right now, while holding your hand tight. As you start to open up your hand, say what you will do to help your hope to grow.

Start with: 'To help my hope to grow, I will...'  
Ask your family to help you.

You might also like to say a prayer, asking God to help you.

Finish by singing This Little Light of Mine: <https://www.youtube.com/watch?v=QCN893hzueQ>

## 2. SPIRITUAL DEVELOPMENT

*(practical ways to help us explore faith and develop spiritually at home together)*

### EXPERIENCES that can help us ENCOUNTER:

**PLANT A SEED** and watch it grow. You could use a seed from a piece of fruit, like an apple, or seeds you have in the garden. Plant it in soil, or on cotton wool. Make sure you water it a little bit each day and give it some sunlight. As you watch it grow, remember that your hope can grow like this too. If you are comfortable to do so, you may like to ask God to help you hold on to your hope, and for your hope to keep growing.

Alternatively, you can watch a seed growing here: <https://youtu.be/oDBX2gCXxYw>

Use the **EXAMEN** prayer to reflect on your hopes. It has 5 steps, so you might like to count them on your fingers.

1. GIVE THANKS for something that was good today
2. ASK FOR HELP with something you have lost hope for
3. REFLECT on your day and think about the things that made you feel hopeful 😊 and the things that felt unhelpful ☹
4. SAY SORRY for the times you gave up hope, or took away someone else's hope
5. DECIDE how you will keep hold of hope tomorrow

### ACTIVITIES that can help develop PRACTICES-HABITS:

From today, you might like to set up a **JOURNAL** where you can start to draw and write about your ideas, reflections and prayers. This week, why don't you try drawing an El Salvadorian cross (a cross which has bright, colourful pictures on it), drawing your own images of things that give you hope? \*see activity sheet attached\*

Do a **SIGNS OF HOPE** walk: as you walk around your area, look for things that are growing. What do you think they will look like when they are fully grown? Perhaps count them, and then tomorrow, see if you can find more! When we start looking for signs of hope, it can remind us of the reasons we have to be hopeful.

## **CONVERSATIONS STARTERS** that can help develop **RELATIONSHIPS-COMMUNITY**:

Do you ever find it difficult to be hopeful?

What or who gives you hope for the future?

Can you describe how hope makes you feel inside?

Can you think of anyone who might need hope right now?

What could you do to help their hope to grow?

### **3. PASTORAL CARE** - *ideas for looking after...*

#### **Ourselves & Our staff**

Why don't you set up a noticeboard where you can note moments which give you hope? Then, in times when it is harder to remain hopefully, you can look back and remind yourself the reasons you had to be hopeful. This might be something you share, since encouragement is key to sustaining hope.

#### **Our families & Our community**

We loved hearing the story of a school which placed a notice with a reflection for their children and families in the local newsagent's window. This way, even families who couldn't access the material online would be able to see it when they went shopping or exercised that day. A wonderful example of hope expressed, with the school overcoming barriers to find a way to reach all their families. How are you overcoming barriers in your context, enabling families to be hopeful during a time of much hopelessness?



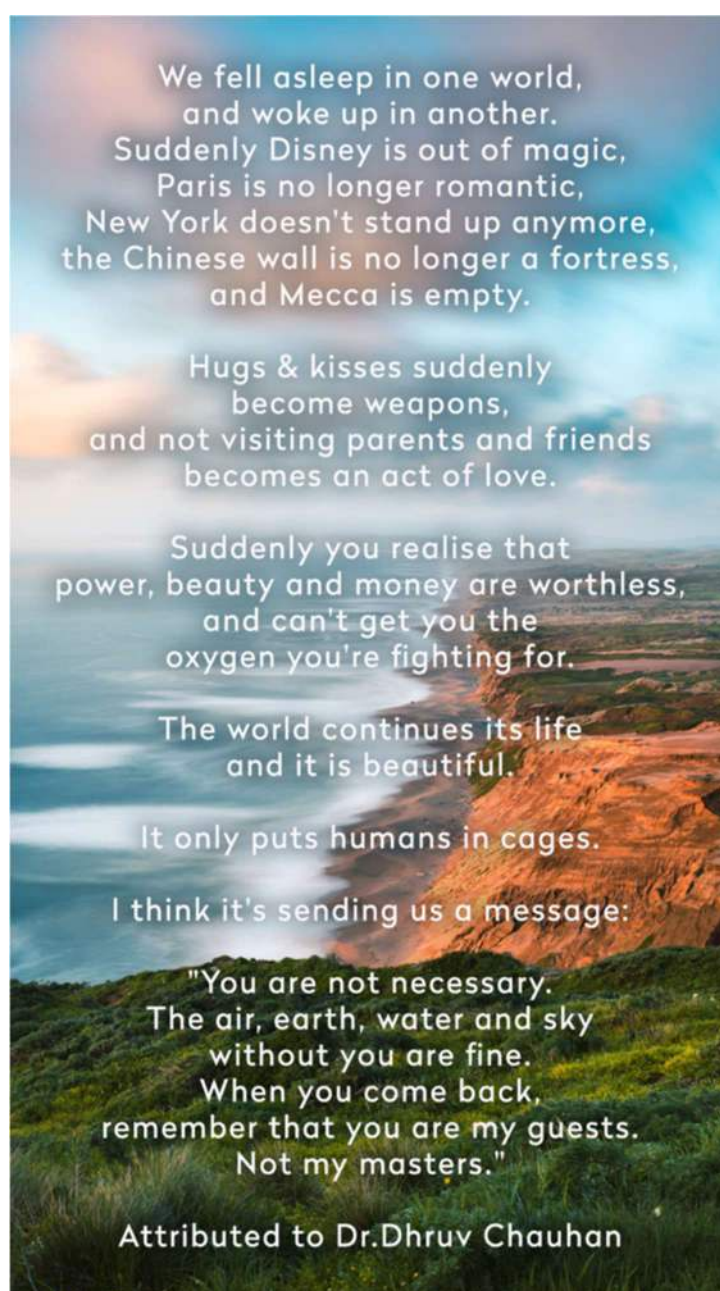
## GOING DEEPER/FURTHER RESOURCES

**Read** the poem *We fell asleep in one world...*

How does this make you feel?

Does it give you hope?

How might it change the way you live after lockdown?



**Discover** more material for using the Parable of the Mustard Seed with primary age children here:  
[https://www.barnabasinschools.org.uk/sites/default/files/pdfs/barnabasreday\\_supportmaterial\\_who\\_5.pdf](https://www.barnabasinschools.org.uk/sites/default/files/pdfs/barnabasreday_supportmaterial_who_5.pdf)

**Read** *The Red Tree* by Shaun Tan - This book describes visually how it can feel to be overwhelmed by difficulty, fear and troubles – with a wonderfully hopeful ending. 'But suddenly there it is, right in front of you, bright and vivid, quietly waiting...' This is a beautiful book to use for P4C (Philosophy for Children), stimulating profound questions about life, purpose and hope.

[https://www.goodreads.com/book/show/300946.The\\_Red\\_Tree](https://www.goodreads.com/book/show/300946.The_Red_Tree)

**Watch** this inspiring video about *The man who planted trees*, Jean Giono

<https://www.youtube.com/watch?v=KTvYh8ar3tc>

**Watch** a film clip from 'Despicable Me'. An act of sharing something small leads to the restoration of hope: <https://www.youtube.com/watch?v=yFd-ubXcoyQ>

# COLLECTIVE WORSHIP – OUR APPROACH

## INVITATIONAL

Everyone is welcome to take part in collective worship, as much or as little as they or their parents and carers are comfortable with. This means we use invitational language and consider carefully our choice of words and songs. Children are invited to pray but are not compelled or expected to do so; they always have a choice. We invite them to pray or reflect in whatever way they would usually as a family, if that is part of their home experience.

## INCLUSIVE

Acts of worship need to be inclusive of all. Therefore, we choose topics and ideas that are shared by different faiths and worldviews. When we present Christian teaching, we make it clear that this is 'what Christians believe', saying things like:

'I wonder why this story might be important to Christians?'

'The story today comes from the Bible (the holy book of Christians), which teaches that ...'

Our worship should be accessible for children and young people with a range of different backgrounds, and so we take care that activities do not require expensive resources. We also offer a variety of activities, so that children and young people with differing needs can all find something they can engage with.

## INSPIRING

We aim for our acts of worship to inspire those engaging with them. How might it engage their emotions, enabling a sense of peace, comfort, hope or motivation? How might it inspire them into action, into thinking differently and considering their behaviour or actions? How might it inspire them to reflect on their faith or beliefs, and on the faith or beliefs of others?





# Hope



**Reflection:** Crosses of Hope were made by refugees living on the border of El Salvador and Honduras. The crosses are an expression of the faith and hope of the people in the midst of their suffering. The images of life depicted on the cross are things that give the people meaning and hope their everyday lives—sun, land, village, family, home, animals, etc. The cross is their sign of liberation and hope. It is also a sign of their belief that the future will be better.



in

On the cross, draw pictures or name some of the thing or people that give you hope that future will be brighter and better. Why not take some pictures when you go for a walk and stick them on the cross?



# Hope





Weekly Resources for Collective Worship, Spiritual  
Development and Pastoral Care

**PHASE: PRIMARY**

**WEEK 2 THEME:  
COURAGE**





### KEY CONCEPT/MESSAGE:

Courage is often about continuing to do what you would normally do even when faced with extraordinary situations. Many Christians believe that God asks us to offer our skills, talents and abilities in the face of adversity, and that he will use that courageousness to achieve great things. The word 'courage' comes from the Latin word 'cor' = heart.

### BIBLE STORY OF THE WEEK:

The story of David and Goliath (1 Samuel 17)

'Let no one lose heart on account of this Philistine; your servant will go and fight him.' (v32)



## TO CONSIDER AS YOU PREPARE

### KEY QUOTE OF THE WEEK:

*'A hero is an ordinary individual that finds the strength to persevere and endure in spite of overwhelming obstacles'*  
(Christopher Reeve)

**LISTEN:** The first three songs explore how Christians take seriously trying to live courageous lives but living as God wants them to. It is summed up for many Christians in the verse *Micah 6 verse 8* *'But what does the Lord require of you but to do justly, to love mercy and to walk humbly with your God'*

'Courageous' by Casting Crowns <https://www.youtube.com/watch?v=pkM-gDcmJeM>

'God of Justice' by Tim Hughes <https://www.youtube.com/watch?v=b3NelRb1LY4>

'Take Courage' By Bethel Music

[https://www.youtube.com/watch?time\\_continue=272&v=z6itgiC2IIY&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=272&v=z6itgiC2IIY&feature=emb_logo)

'Something inside so strong' This version is by the Lewisham and Greenwich NHS Choir

<https://www.youtube.com/watch?v=4zepf15fEPE>

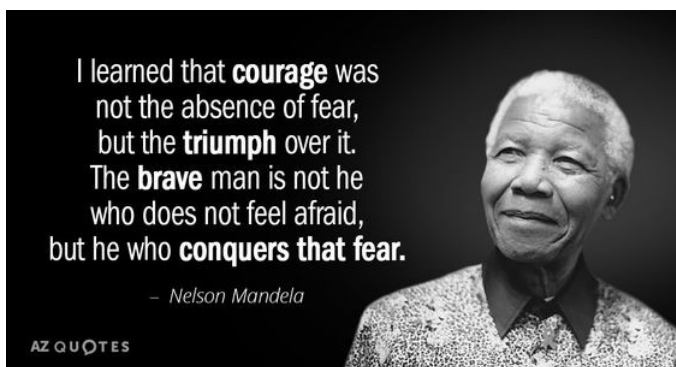
### WATCH: Derek Redmond's Olympic Story

<https://www.youtube.com/watch?v=t2G8KVzTwfw>

Derek Redmond didn't win a medal at the 1992 Olympic games in Barcelona, but he did bring 65,000 spectators to their feet in a standing ovation recognising his incredible act of courage. Derek Redmond found courage in himself but also through the support of his father.

Or watch Captain Tom Moore completing his 100<sup>th</sup> Lap <https://www.bbc.co.uk/news/uk-england-beds-bucks-herts-52333127>

### THINK:



What does this picture make you think of?

Do you agree with this man's definition of courage?

How is it different from what other people say about courage?

### PRAY:

Dear God, you know that I often feel frightened at the moment. Frightened about what will happen to me, to those I love and to our school community. But I know that you have been with me, I know that you will be with us today and I know that you will be with me in the future. Give me courage to do the big things, the little things and the difficult things that will make a difference to someone else today. Amen

# I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

## GATHER:

Find a place where you can be still, without interruptions. You might like to light a candle as you begin.

I wonder what you think of when you hear the word courage?

I wonder who you think of when you hear the word courage?

I wonder if you can think of a time in your life when you had to be filled with courage? What did this feel like?

Find a small stone and hold it in your hand

Could something this small make any difference to anything?

## ENGAGE:

In today's Bible story, David shows just this kind of courage when facing up to a giant that is scaring his country. He shows courage by using his talents and skills in the face of an extraordinary threat. David is also known as Da'wud in the Qur'an.

Let's read the story together: It is in 1 Samuel Chapter 17 of the Bible

<https://www.biblegateway.com/passage/?search=1+samuel+17&version=NIVUK>

There are shorter versions in Children's Bibles (eg Lion Storyteller Bible, p44), if you have one, or you can use the 'David and the Big Bully Read Aloud' resource to act out the story together.

Listen carefully to the things that David says in the story, as they show us what gave David courage.

So, what was it David said? I wonder how David felt when he faced Goliath. In some ways, David felt no differently facing Goliath than he would have facing a lion or bear that was threatening his sheep...he believed that the same God who gave him courage to do this would be with him in facing Goliath. That was the secret of his courage.

But before we decide that you only need courage to do great deeds, like slay a giant, let's stop.

I'm sure you know who this is!



Captain Tom Moore celebrated his 100<sup>th</sup> birthday recently and has raised over £31 million for NHS charities, by doing something that seems quite ordinary... walking.

He could easily have said 'I am too old to make a difference.'

Do you think he showed courage?

Thousands of NHS workers, Care assistants, supermarket workers - and your teachers - are *just* doing their jobs. How are they showing courage?

How can you encourage them?

Sing: All through History by Nick and Becky Darke is a Christian song about God's faithfulness in giving his people courage in times of need. Watch and singalong here if you would like to

<https://www.youtube.com/watch?v=hQS2HHayr38>

## REFLECT:

Our worries and anxieties can sometimes feel like GIANTS.  
Think about these things, you may like to draw them or write them down.

It is ok to feel worried or anxious about these things. Many Christians believe that God promises to help, guide, strengthen and fill them with courage, just as he did David. I wonder if you need some courage to face your GIANTS like David did?

Find someone you trust to talk to about your GIANTS. It is always better to share your worries with someone else.

When David said he would fight Goliath, his eldest brother was angry and said that David was conceited (one version of the Bible calls him a “cheeky brat”). He then went to others in the army and each time he got the same answer.

How might this story have ended if David had given up when his brother was angry with him?

Let's look again at our small stone...

.....it might be a reminder of the story of David and Goliath...

.....it might be a reminder that small things can make a big difference...

.....it might be a reminder that a little bit of courage- and encouragement - can go a long way...

## SEND OUT:

I wonder, how might you be courageous like David this week?

I wonder, how might you help someone else who is feeling worried and anxious this week? Could you help them to be courageous by encouraging or helping them?

Take your stone with you.

Blow out your candle as a sign that your time of worship has finished.

## 2. SPIRITUAL DEVELOPMENT

*(practical ways to help us explore faith and develop spiritually at home together)*

### EXPERIENCES that can help us ENCOUNTER:

For your reflection **JOURNAL** look at Hannah Dunnett's artwork on Psalm 23:

<https://tinyurl.com/y9cjd7j> Create your own version using the words of Psalm 23 or another poem that means a lot to you.

Use the **EXAMEN** prayer to reflect on courage. It has 5 steps, so you might like to count them on your fingers.

1. GIVE THANKS for something that were good today
2. ASK FOR HELP with something that scares you at the moment
3. REFLECT on your day and think about the things that have given you courage ☺ and the things that have discouraged you ☹
4. SAY SORRY for the times you have lacked courage, or discouraged someone else
5. DECIDE how you will keep hold of your courage tomorrow



## ACTIVITIES that can help develop PRACTICES-HABITS:

**Decorate** your small stone using felt pens or paint: with hearts, a rainbow, or whatever is a reminder to 'take heart' and be courageous (a permanent pen like a Sharpie can work best, but be careful!). If you can, using a mixture of PVA (runny) glue and water over the top; when your stone has dried this will act as a varnish and give it a shine.

**Explore** the Prayer Spaces at home activity 'Letting go' <https://www.prayerspacesinschools.com/prayer-spaces-at-home>

**Research** one of the following people Rosa Parks, Detrick Bonhoeffer, Harriet Tubman, Malala Yousafzai

## CONVERSATIONS STARTERS that can help develop RELATIONSHIPS-COMMUNITY:

Do you ever find it difficult to be courageous?

What or who inspires you and gives you courage to carry on?

How does it make you feel when you see someone else showing courage?

How can you encourage others to be courageous, when they are having a hard time?

What stops you from being courageous? What can help overcome this?

## 3. PASTORAL CARE - *ideas for looking after...*

### Ourselves & Our staff

**Read or listen** to Psalm 23: This is a Psalm that generations of Christians' have said gave them courage in difficult times. Why do you think that is so? This version by Stuart Townend is often sung by Christians' today <https://www.youtube.com/watch?v=pN4tPkX0MG0>

### Acknowledge:

- that it has taken courage for staff to go into school to care for key worker children, possibly putting themselves and their family at risk of catching the virus.
- it takes courage to care for our families and friends day in day out, week in week out and nearly month in month out.
- that it has taken courage to provide what the pupils and families in your school need, not what people in the media think they should have.
- that it has taken courage to keep providing home learning when sometimes teachers are criticised or they don't know if all their children are engaging with it.

**Remember** that 'encourage' comes from the same root as courage, and it means to put heart into others. Who can you encourage today, and who encourages you?

### Our families & Our community

Christians believe that we are being courageous when we follow God's teaching '*to do justly, to love mercy and to walk humbly with your God*' Micah 6 verse 8. What does acting justly, showing mercy and walking humbly look like for families in your school community at this time?

We have enjoyed seeing the videos that some schools have made where members of staff have sent messages to the pupils and encouraged them to keep going with staying inside and learning at home. Some staff have videoed themselves; some have written messages and the messages have been photographed.

Anxiety is a type of fear, but the fear is directed at something that might or might not happen. Even the uncertainty of what will happen can lead to anxiety. We cannot control everything about the future, but we can help to limit anxiety in others by being clear and open about plans and their impact. Listening is also important. **An anxiety expressed can lose its strength and hold over us.** What opportunities do children and families in your community have to express their anxieties?

## GOING DEEPER/FURTHER RESOURCES

Last week we marked 75 years since VE Day.

**Read** some texts that explore the courage shown by ordinary people during this extraordinary time e.g. The Diary of Anne Frank, or 'When Hitler Stole Pink Rabbit' by Judith Kerr (creator of the Mog books)

**Explore** the story of David & Goliath in different ways, using some of the Barnabas in Schools material: <https://www.barnabasinschools.org.uk/idea/david-and-goliath-very-loud-story-drums-and-percussion>

and here: <https://www.barnabasinschools.org.uk/idea/david-and-goliath-interactive-activity>

**Watch** the Chancellor of Wells Cathedral retell the story of David and Goliath: <https://youtu.be/B-oWHgiHn-c>

**Watch** the Christian Aid video of Ngele and Bokiya and talk about how they showed courage: <https://www.youtube.com/watch?v=HXxejNZcpAQ>

Courage is common theme in many family films.

**Watch** 'Finding Nemo' or 'Finding Dory' & talk about the many times these two small fish face up to their fears in the course of their journeys, for the sake of friendship. This clip focuses on the moment that Nemo shows courage in saving Dory from the fishermen's net: <https://www.youtube.com/watch?v=ulucjnxT7B4>

*Please note that the Church of England takes no responsibility for adverts that may appear before or after videos hosted on eg YouTube, Vimeo etc.*

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## **David & the big bully**

*This is a join-in version of the story, with words in the story that trigger some actions: use as many or as few as you like, but at least do the actions for David and for Goliath. There are a few extra actions within the story for the animals!*

Word(s)	Action(s)
David	Say "Hurray!" and punch hand in the air
Goliath	Say "You big bully!" and wag your finger, as if telling off
God	Point upwards
soldiers	Salute and say "Sir! Yes sir!"
five small stones	Sing '1,2,3,4,5', & count on fingers, as in the nursery rhyme

**David** was a young boy, a boy who looked after sheep [baa!] but a boy who listened to **God** and knew that He would use him in very special ways.

His brothers were all big and strong, and were **soldiers** in King Saul's army. **David** was only a shepherd boy, so wasn't allowed to go to fight, but every day would go out with his small shepherd's bag and his slingshot to do whatever it would take to keep his sheep [baa!] safe.

King Saul's **soldiers** were powerful and strong, but the enemy army was *enormous* and wherever they went, everyone was afraid of them. The Philistines' champion was a giant named **Goliath** who each day stood on top of the hillside and made fun of King Saul's **soldiers**. 'You think you're stronger than me?! You puny little Israelites!' **Goliath** jeered. 'Send your mightiest **soldier** out to face me and you'll see who's the champion! And when we win, you will *all* be our slaves!!!!'

Before long, the Israelite army were cowering in their tents, worn down by the taunts of **Goliath**, and believing that he was indeed unbeatable.

One day, **David** was sent out to the battlefield with food for his brothers and he saw **Goliath** standing on the hilltop, jeering and laughing at the frightened army of King Saul. **David** couldn't believe what he saw and said to King Saul – 'Don't you know who we are? We are the army of the mighty **God**, who fights on our side.

**Goliath** is no match for our **God**! Can't you see he's just a big bully?! So I, **David**, will fight him. The **God** who has helped me protect my sheep [baa!] against the bear [grrr!] and the lion [roar!] will give me **courage** and fight with me against this bully.'

He took his slingshot from his small shepherd's bag and went to the bubbling brook to select **five small stones**. Then **David** walked right up to **Goliath** with only his sling and **five small stones** as his weapon.

When **Goliath** saw him, he laughed out loud at how small and ridiculous **David** looked: 'What use are those stones going to be against my mighty sword?!' he jeered. But **David** took no notice and put one of his **five small stones** into his sling. As **Goliath** laughed on, **David** swung the sling around his head and let the small stone fly. It flew across the battlefield towards **Goliath** and struck him right between the eyes [donk!]. Then **Goliath** fell to the ground, dead.

The Israelites were victorious – and all because a young boy, whose name was **David**, knew that **God** helps those who need **courage** to stand against injustice.

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Weekly Resources for Collective Worship, Spiritual  
Development and Pastoral Care

**PHASE: PRIMARY**

**WEEK 3 THEME:  
LOVE**







## KEY CONCEPT/MESSAGE:

**KEY CONCEPT/MESSAGE:** Love is a verb! The Bible teaches that Jesus calls his people to love others through their actions and words, something which he demonstrated continuously throughout his life and teachings. Christians call this type of love *Agape*, a practical love that reflects the love God has for his people.

‘We love, because God first loved us.’ 1 John 4:19

## BIBLE PASSAGE & STORY OF THE WEEK:

Healing of the paralysed man Luke 5: 17-26

‘Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.’ 1 Corinthians 13:4-8

a g a p e

[a-ga-pei] • Greek

(n.) a selfless, unconditional love; one

that persists no matter the circumstance

## TO CONSIDER AS YOU PREPARE

### KEY QUOTE OF THE WEEK:

*“Agape love is selfless love ... the love God wants us to have isn’t just an emotion but a conscious act of the will – a deliberate decision on our part to put others ahead of ourselves. This is the kind of love God has for us.” Billy Graham*

**LISTEN:** Reckless Love by Cory Ashby

<https://www.youtube.com/watch?v=Sc6SSHuZvQE> This Christian worship song is about God’s unconditional love for mankind. It uses the analogy of the lost sheep to describe the Christian belief that God loves everyone so much, that he will come and find us.

‘Love God, Love people’ by Danny Gokey <https://www.youtube.com/watch?v=t-29WLQ3trA> This song is about how people can show their love for God by showing love to others through their words, actions and thoughts.

‘Love Divine, All loves excelling’ by Charles Wesley

<https://www.youtube.com/watch?v=sw5ZCZeS32M> The words of this favourite hymn describes the love Christians believe that God has for mankind and how they see Jesus as the ultimate demonstration of this love.

**WATCH & LISTEN:** Something to make you smile: This video might get you in the mood for a week focusing on love [https://www.youtube.com/watch?v=8ilEvQNRs\\_M](https://www.youtube.com/watch?v=8ilEvQNRs_M)

**WATCH:** <https://bibleproject.com/videos/agape-love/> Love by The Bible Project. This sets out an explanation of what Agape love looks like in the Bible.

**PRAY:** Dear God, we thank for Jesus, the gift that demonstrated your love for us. Help us to share and show this love with others, even when it is difficult. Help us to love those who are difficult to love. Guide us to people who need to know your love. Amen

### THINK:



What do these pictures make you think of?

How might it be possible to share or give love away?

I wonder how the Christian symbol of the cross and the heart might be connected?

# I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

## GATHER:

Find a place where you can be still, without interruptions. You might like to light a candle as you begin.

I wonder, what love might mean to you?

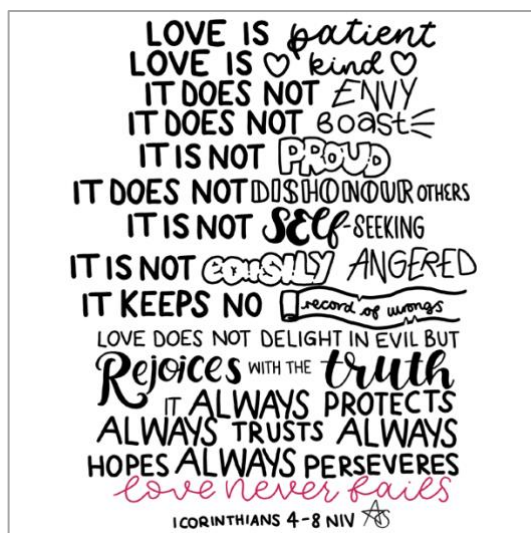
There are lots of different types of love, I wonder if you can think of any?

There is the love between brothers and sisters and other family members, love between friends, romantic love, love you have for your favourite food or the love you feel for your pets.

## ENGAGE:

'Love is...' How would you finish off this sentence?

The Bible gives Christians a really clear description of what love is and isn't ... I wonder if you have heard this passage before?



Share the passage together, or you could use this video clip:

[https://www.youtube.com/watch?v=8F9\\_A7XIU6k](https://www.youtube.com/watch?v=8F9_A7XIU6k)

1 Corinthians 13:1-8

As you read this passage, I wonder which line jumps out?

I wonder if there is a description of love that speaks to you?

What do you notice about how love is described in the Bible?

Love is an action. I wonder what you think about this? Do you agree?

I wonder how you know that someone loves you? Hopefully through their actions, words and thoughts. I wonder if you think this description of love goes across all the different types of love we talked about earlier?

The Bible also talks about different types of love. *Agape* love is mentioned many times in the New Testament as it describes **selfless, unconditional love**. That means, doing something for others without expecting anything in return.

The Bible story for today demonstrates this *Agape* love. I wonder if you can spot it when you hear the story.

Luke 5: 17-26 tells the story of the paralysed man, who is brought to Jesus by being lowered through the roof by his friends.

<https://www.youtube.com/watch?v=FFCe5iwTtFw> (Song telling the story of Jesus healing a paralysed man)

<https://www.youtube.com/watch?v=BpcJoPDF3v4> (Video clip telling the story - watch from 55s to 4.50)

I wonder why his friends did this for their friend who was paralysed?  
How were they showing *Agape* love?

I wonder where you might have seen this type of love happening in your community, house or school?  
Why don't you talk to your family about that now?

## REFLECT:

I wonder, how could you love people with your actions? What might they need right now?

If you would like to, use this format to write or say  
a prayer.

S – Sorry

T – Thank you

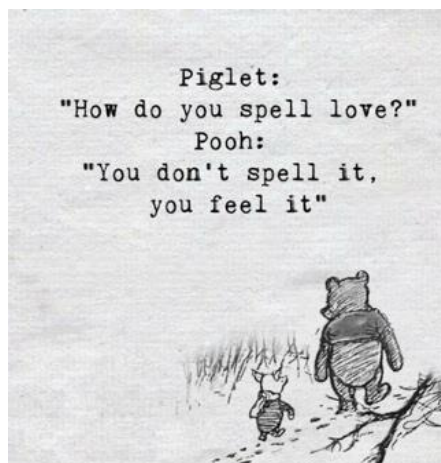
O – Others

P – Please



Dear God,  
Sorry for the times when I haven't loved people through my thoughts or actions.  
Thank you for all those that love me and for all those I love.  
Help my community to share love with each other through their actions.  
Please help me to love people in practical ways, especially those who are harder to love.  
Amen

## SEND OUT:



Piglet:  
"How do you spell love?"  
Pooh:  
"You don't spell it,  
you feel it"

Remember, love is an action.

How could you show love to people with the things  
you do?

## 2. SPIRITUAL DEVELOPMENT

(practical ways to help us explore faith and develop spiritually at home together)

### EXPERIENCES that can help us ENCOUNTER:

Add your thoughts and reflections from this week to your journal. Where have you seen love in action within your community?

Reflect again on passage from 1 Corinthians (in the Bible) about love:



Which types of love do you find easier?  
What types of love do you find harder?  
Why don't you reflect on these with your family?

Write or draw on the visual image of the Bible passage as you pray or reflect.

Talk to someone about how you could be even more, kind, considerate or forgiving with your actions and thoughts.

Use the **EXAMEN** prayer to reflect on love. It has 5 steps, so you might like to count them on your fingers.

1. GIVE THANKS for someone you love today
2. ASK FOR HELP to love someone who is hard to love
3. REFLECT on your day and think about the times when you have shown practical love to someone else 😊 or a time when you could have acted in a more loving way ☹️
4. SAY SORRY for the times you have acted in a way that didn't show love
5. DECIDE how you will share love with others through your thoughts, actions and words

### ACTIVITIES that can help develop PRACTICES-HABITS:

**Draw** around your hands and then cut them out, but keep the two hands joined together. Can you see the heart in the middle of the two hands?

Write the names of people you love on each hand. This could be family or friends. Use this as a reminder of people that you love.

Maybe you could hold this when you are saying your prayers?

I wonder if you could write names on your cut out hands of people that are harder to love, could you ask God to help you share your love further?



Do the Prayer Spaces at home activity 'Love > (is bigger than) fear'

<https://www.prayerspacesinschools.com/prayer-spaces-at-home>

## CONVERSATIONS STARTERS that can help develop RELATIONSHIPS-COMMUNITY:

- Is love always an action? A verb? Something that we *do*?
- Can you love and hate someone at the same time?
- How do you know someone loves you?
- What do you do to show someone you love them? How does their response make you feel?
- How could love help to build our community and the relationships within it? What difference does love make?

### 3. PASTORAL CARE - *ideas for looking after...*

#### Ourselfs & Our staff

**Listen** to 'Lovin' me' by Jonathan McReynolds, which talks about the Christian belief that God's love is unconditional, despite who we are and what we do. May it encourage you that you are always loved.  
<https://www.youtube.com/watch?v=mfyVej2OdQg>

I wonder how you can celebrate acts of Agape love as a community?

How can we say thank you to those who have acted selflessly towards us out of love and kindness?

Do we share these with one another, perhaps through our staff briefings or newsletters?

Who reminds you that you are loved and valued for all you are doing right now? Try and make a note of the moments when you feel appreciated.



#### Our families & Our community

Love can mean many things for different people, it may conjure up images of happy times or bring back memories of sad or frightening experiences. Love is a basic emotion that we all crave. I wonder how we can help our families to know they are loved through our words, communications and experiences? The Bible passage in 1 Corinthians 13:8 says 'Love always perseveres. Love never fails'.

How can you remind your families and communities of that today?

Can you share some of your staff members' acts of love and selflessness with your community?

Or examples from your community – asking others to contribute?

Perhaps through your newsletters and communications?



## GOING DEEPER/FURTHER RESOURCES

**Read** 'Because I love you' by Max Lucado. This is a beautiful story that illustrates the Christian belief that God loves everyone he created. You can watch this story being read here:

<https://www.youtube.com/watch?v=-x2fKihzmOA>

**Find out** more about Love Languages. <https://www.5lovelanguages.com/5-love-languages/>

Everyone gives and receives love differently, but with a little insight into these differences, we can be confidently equipped to communicate love well. This is true for all forms of relationship – for couples, for children and teenagers, for friends and co-workers, for long-distance relationships, or even – at this time – socially-distanced relationships. Understanding how we give and receive love can help us understand how others might like to be shown love, too.

**Watch:** There are many examples of *Agape* love in films. I wonder if you can think of any?

Buzz and Woody in Toy Story: <https://www.youtube.com/watch?v=wBaP6BOTwT8>

Elsa saving Anna in Frozen: <https://www.youtube.com/watch?v=T38GW7kKQHo>

Sophie and the BFG: <https://www.youtube.com/watch?v=niV6CBd9HgM>

Mike and Sully in Monsters Inc: <https://www.youtube.com/watch?v=8IBNZ6O2kMk>

Watch one of these films together as a family.

**Read** these Bible verses to help you to love others through your actions.

Share some of your actions with your family, school and community

### Ten ways to love

1. Listen without interrupting. (Proverbs 18)
2. Speak without accusing. (James 1:19)
3. Give without sparing. (Proverbs 21:26)
4. Pray without ceasing. (Colossians 1:9)
5. Answer without arguing. (Proverbs 17:1)
6. Share without pretending. (Ephesians 4:15)
7. Enjoy without complaint. (Philippians 2:14)
8. Trust without wavering. (Corinthians 13:7)
9. Forgive without punishing. (Colossians 3:13)
10. Promise without forgetting. (Proverbs 13:12)

# COLLECTIVE WORSHIP – OUR APPROACH

## INVITATIONAL

Everyone is welcome to take part in collective worship, as much or as little as they or their parents and carers are comfortable with. This means we use invitational language and consider carefully our choice of words and songs. Children are invited to pray but are not compelled or expected to do so; they always have a choice. We invite them to pray or reflect in whatever way they would usually as a family, if that is part of their home experience.

## INCLUSIVE

Acts of worship need to be inclusive of all. Therefore, we choose topics and ideas that are shared by different faiths and worldviews. When we present Christian teaching, we make it clear that this is 'what Christians believe', saying things like:

'I wonder why this story might be important to Christians?'

'The story today comes from the Bible (the holy book of Christians), which teaches that ...'

Our worship should be accessible for children and young people with a range of different backgrounds, and so we take care that activities do not require expensive resources. We also offer a variety of activities, so that children and young people with differing needs can all find something they can engage with.

## INSPIRING

We aim for our acts of worship to inspire those engaging with them. How might it engage their emotions, enabling a sense of peace, comfort, hope or motivation? How might it inspire them into action, into thinking differently and considering their behaviour or actions? How might it inspire them to reflect on their faith or beliefs, and on the faith or beliefs of others?



Weekly Resources for Collective Worship, Spiritual  
Development and Pastoral Care

**PHASE: PRIMARY**

**WEEK 4 THEME:  
HUMILITY**



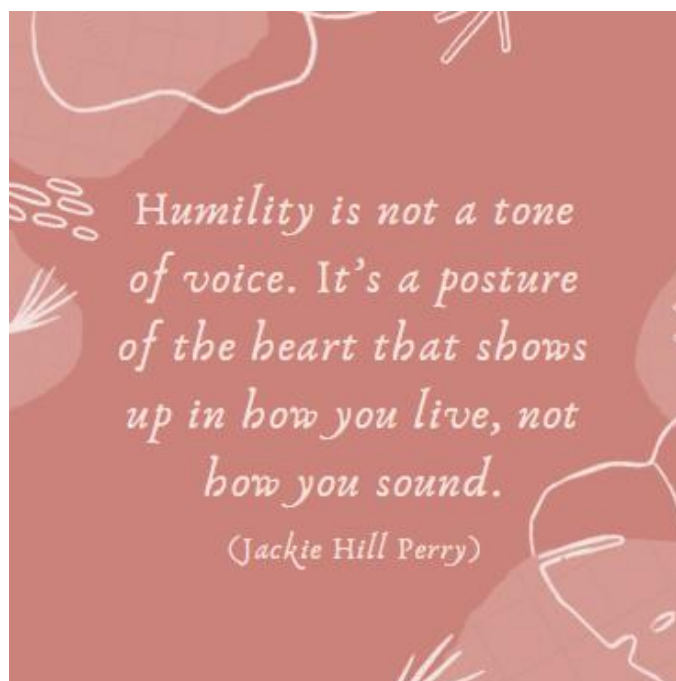


### KEY CONCEPT/MESSAGE:

We live in a world where some people say: “look at me, look at me”, chasing after fame and wanting to be noticed. Yet the real heroes (as we have seen over the last few weeks) are the everyday people who care and think of others. Many Christians across the world believe that Jesus is a ‘Servant King’ – one who both *showcased* and *valued* humility, calling others to follow his example, too. Being humble means having a realistic picture of ourselves – to be mindful of the times we do amazing things (wow!), the times we fail (ow!) - and seeks to **build others up**, rather than looking for fame or recognition.

### BIBLE STORY OF THE WEEK:

The Parable of the Pharisee and the Tax Collector (Luke 18: 9-14)  
‘For those who make themselves great will be humbled, and those who humble themselves will be made great’ (Luke 18: 14)



## TO CONSIDER AS YOU PREPARE

### KEY QUOTE OF THE WEEK:

‘The world tells us to seek success, power and money; God tells us to seek humility, service and love.’ (Pope Francis)

**LISTEN:** The first two songs explore a Christian understanding of humility. Both focus on the belief that Jesus lived as ‘a servant King’, and how he calls others to follow his example of service and humility.

‘From Heaven You Came (The Servant King)’ by Graham Kendrick -

<https://www.youtube.com/watch?v=8rh4xEvMVQQ>.

‘Humble King’ by Brenton Brown - [https://www.youtube.com/watch?v=YV\\_3l6Ng5IA](https://www.youtube.com/watch?v=YV_3l6Ng5IA)

‘Fix You/ Bridge Over Troubled Water’ sung by the NHS Choir – two beautiful songs about thinking of others, interwoven and sung by everyday heroes:

<https://www.youtube.com/watch?v=T8qHXIShfUQ>

**WATCH:** Carl Sagan’s Pale Blue Dot: <https://www.youtube.com/watch?v=GO5FwsblpT8>

Sometimes we just need to be full of wonder, to see ourselves as small in a vast and beautiful world and universe – so take time to be small – but special because we are part of it all! Humility is a looking outwards with wonder and awe at the gift of everything that isn’t ‘me’. Take time to consider how special and wonderful we all are, and yet so tiny!

### WATCH:

The sportsmanship of Grigor Dimitrov, helping an injured competitor:

<https://www.youtube.com/watch?v=Sd0EEHTJFgc>

### THINK:



Do we sometimes like to show off? Do we like to be the centre of attention? Do we like to show that we are better than others?

I wonder how we might acknowledge our imperfections this week? I wonder how we might build others up this week, putting them before ourselves?

**PRAY:** Loving God, you know we are not perfect. You see our mistakes and you know our thoughts and you know how great we sometimes want to be. Help us to change our perspective so that we take our eyes off the wonder of ourselves, looking at the wonder of others instead. Help us to see greatness in everyone, seeing your life within each person we meet. Amen.

# I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

## GATHER:

Time to find the special place, the place to be quiet and still.

Can you find a shoe in your home – one that's been well-used, perhaps a bit smelly?

Hold it and ask yourself, how has it been damaged or scuffed as it's been used? What it's made of, who might have made it? In what ways is this special? Can you find anything beautiful or amazing about how it's been made, or the experiences it's been through?

Today we are going to use this shoe, and others, to learn more about humility – being humble.

Humility is a difficult word to understand. But it's a wonderful quality! If you have humility you can really listen to people, and you can see the good in everyone – and you can accept that you are not perfect!

## ENGAGE:

In today's Bible story, Jesus speaks about two kinds of people. Let's read the story together:

<https://www.biblegateway.com/passage/?search=Luke+18%3A9-14&version=GNT>

Now watch the story one of these videos – or both, as they are both good in different ways.

<https://www.youtube.com/watch?v=Ufe6zouTq8g> or

<https://www.youtube.com/watch?v=kLCSVjHKQjk>

Did you notice...?

- What the Pharisee does to show how 'good' he thinks he is?
- What the tax-collector does to show that he knows he is not perfect – that he has done things that are wrong?
- Who Jesus says is 'right with God' that day?

How do you think the tax collector would feel on hearing this? What about the Pharisee?

The Pharisee liked to draw attention to himself. 'Look at me! Look how amazing I am! Look how I am so much better than others around me!' In order to **build himself up**, he **put others down**. This is the opposite of what humility is. Humility, or being humble, is about putting others first and knowing that you are not perfect. In this Bible story, Jesus mentioned that it was the tax collector that God was most pleased with... the tax collector who would be **made great**.





In 2018, tennis player Grigor Dimitrov hit national headlines. The video is here: <https://www.youtube.com/watch?v=Sd0EEHTJFgc>.

I wonder why you think Grigor was praised? How did he show humility? What do you think someone as proud as the Pharisee might have done in this situation?

Can you think of anymore examples of someone **building someone up**, rather than knocking them down?

## REFLECT:

‘Never look down on anybody unless you're helping them up.’ Jesse Jackson

Have you had moments in your life where you have boasted, bragged or put others down to make yourself look good?

Have you had times when you’ve been humble, looking at the wonder of others rather than the wonder of ourselves?

Create a tower of shoes using those you are allowed to in your home. As you do so, think...

...about how you could build others up this week

...how others in your life help to build you up and support you

...how we are not perfect – everyone makes mistakes and can accidentally knock people down. If we say sorry, we can help to rebuild relationships.

## SEND OUT:

Have a look at your shoe tower, or the shoe that you started with.

We looked at humility this week. If we have humility, we look for the good in others rather than showing off how brilliant we are.

I wonder how you might build others up and not put others down this week? If you’d like to, ask your family to help with this.

You might also like to say a prayer to God, asking you to help with this.

## 2. SPIRITUAL DEVELOPMENT

*(practical ways to help us explore faith and develop spiritually at home together)*

### EXPERIENCES that can help us ENCOUNTER:

**Consider** 'Be completely humble and gentle; be patient, bearing with one another in love.' (Ephesians 4:2)

**Make** a point of saying thank you to someone every day. Watch what happens to others, and to yourself, when you show gratitude.

**Create** a Jar of Humility. Every day write on a piece of paper saying how someone has helped you – it can even be help with the most thankless of tasks. Fold up the paper and place in a jar. After 7 days, empty out the jar and read all 7 examples. Reflect on what these mean to you; you might like to say your own private prayer to God, giving thanks for the special people who have helped you this week.

**Write** an acrostic prayer about Humility, perhaps in your reflection journal. This could mention what humility is and isn't, perhaps including some examples. Read it to yourself – or to someone in your house.

Use the **EXAMEN** prayer to reflect on humility. It has 5 steps, so you might like to count them on your fingers.

1. GIVE THANKS for the things you noticed other people doing today
2. ASK FOR HELP with thinking of others more before yourself
3. REFLECT on your day and think about the things you have done which have helped others 😊, and the times you may have focused on yourself too much 😞
4. SAY SORRY for the times you may have been selfish, boastful or proud
5. DECIDE how you will build up other people tomorrow

### ACTIVITIES that can help develop PRACTICES-HABITS:

#### Developing Humility at home

Humility can be tricky characteristic to develop mainly because we have to recognise that *we are not always right and we don't always have the answers!* It also requires us to accept ourselves as we are – imperfect. Some of us find this really challenging. Try these three suggestions to help explore humility further.

✓ **Spend time listening to others** - A key quality of being humble is to value others and just listen to what they have to say. Spending time listening to others, hearing their feelings and values, enabling them to express themselves, is a very powerful way to start to understand this. I wonder how you can make time to speak with and listen to others this week?

✓ **Be grateful for what you have** – We have so much that we can be grateful for, yet it is easy to forget the good things we already have and focus on wanting things we don't. Take time to stop this week, and remember what you have that you can be grateful for. You might decide to make a list to 'count your blessings'.

✓ **Ask for advice from others** – No matter who we are or how old we are, we can always do and be better! Whatever we are doing, we can ask for advice from others we know. I wonder who you could speak to this week to get their advice on something? Remember to say thank you after!

Reference: <https://www.skillsyouneed.com/ps/humility.html>

## CONVERSATIONS STARTERS that can help develop RELATIONSHIPS-COMMUNITY:

In the Bible, James 4:10, it says 'humble yourselves before the Lord, and he will lift you up.'



Look at the definition of C. S. Lewis on humility. Can you think of a definition of humility in your own words? What does humility mean to you?

How do you practice humility in your life?

How might humility draw someone closer to God? Closer to others?

How is this definition different from what James in the Bible says?

How can you practice humility in your life this week?

## 3. PASTORAL CARE - ideas for looking after...

### Ourselves & Our staff

- Take time out for yourself. Allow time for private reflection, and prayer.
- Treat yourself with dignity – you **are** wonderful, you **are** enough.
- Listening to music can be an effective stress management tool. It can have a relaxing effect on our bodies and our minds. Here are three pieces of music to help you to relax:

Chopin Prelude no 15. Raindrop - <https://youtu.be/OclMvliWM2I>

Sleepsong - Secret Garden - [https://youtu.be/\\_yQpU\\_73Dv0](https://youtu.be/_yQpU_73Dv0)

Hymn: Meekness and Majesty - [https://youtu.be/Gtt52JEW\\_Zo](https://youtu.be/Gtt52JEW_Zo)

### Our families & Our community

#### Families:

- As a family, spend time to check that everyone is OK.
- Serve a family member by helping with a task.

#### Community:

It can be a humbling experience to give to others. What can we do to help someone in our school, local or national community? Perhaps...

- Make up a food parcel and deliver it to the doorstep of an elderly, or vulnerable member of the community
- Shop for someone else to save them going to the supermarket
- Phone someone who lives alone – give time to listen



## GOING DEEPER/FURTHER RESOURCES

**Read** the poem 'Humility: The Rare Treasure' by Sonja Hugabouv.

### *Humility, The Rare Treasure*

Willing to overlook,  
to the benefit of others.

Silent to support another,  
when their need is greater.

Measured in the face of adversity,  
even if character shows through.

Giving for the sake of sharing,  
finding that ignominy is sacred.

Humility is not the degradation,  
but fair objective consideration.

Humility does not argue frivolity,  
nor intimidate for pleasure.

Humility comes from personal strength,  
the centered heart, and confident soul.

Humility is a reflection of three attributes,  
clear mind, honest heart, and wise soul.

Which line stands out for you the most? I wonder why this might be?

Which line would you recommend as the most important line on humility here?

'Humility is a reflection of three attributes, clear mind, honest heart, and wise soul'. Would you add anything to this?

**Read** the Aesop Fable, *The Hare and the Tortoise*. How is pride and humility seen in this story?

<http://read.gov/aesop/025.html>

**Explore** more worship resources on The Parable of the Pharisee and the Tax Collector (Luke 18: 9-14)

<https://www.assemblies.org.uk/pri/99/boasting-the-story-of-the-pharisee-and-the-tax-collector>

<https://engageworship.org/ideas/the-pharisee-and-the-tax-collector-interactive-version>

**Watch** the first Toy Story film. Can you spot Buzz Lightyear's journey from 'proud and boastful' to 'humble'? This clip shows Buzz's ultimate display of this as he 'falls with style' -

<https://www.youtube.com/watch?v=LM6N3naX8ql>



Weekly Resources for Collective Worship, Spiritual  
Development and Pastoral Care

**PHASE: PRIMARY**

**WEEK 5 THEME:  
PATIENCE**





## KEY CONCEPT/MESSAGE:

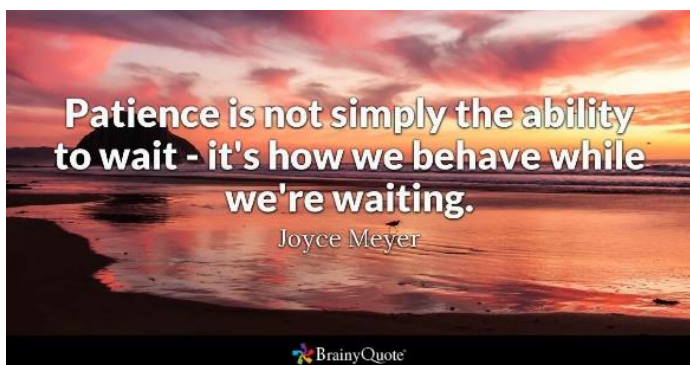
Patience is one of those qualities that we all need to develop especially when times are tough, when people and governments are frustrating. Patience to wait for the right time, patience with each other and the patience to wait on God when things seem to be taking so long to sort themselves out. The Bible is filled with stories of people like Mary, David, Moses and Noah who had to wait for the right time, for God's time.

*'...clothe yourselves with compassion, kindness, humility, gentleness and patience'  
(Colossians 3:1)*

## BIBLE STORY OF THE WEEK:

The story of Noah (Genesis 8 verses 6-13)

"Noah waited seven more days and again sent out the dove from the ark." Genesis 8:10





## TO CONSIDER AS YOU PREPARE

**KEY QUOTE OF THE WEEK:** *'Patience is not simply the ability to wait - it is how we behave while we are waiting.'* Joyce Meyer

**CONSIDER:** The story of Noah is the context for this week's collective worship. Whilst the story of Noah began with judgement, it's important to focus on how God was with Noah, helped him to be patient, and gave the rainbow as a sign of his covenant promise. A small minority of Christians may interpret the COVID pandemic – or other natural disasters - as God's judgement, but this would be extremely unhelpful to children.

**LISTEN:** to this lockdown poem written by a Christian pastor in London <https://co-mission.org/prayernews/spiritual-encouragement-from-co-mission-week-8/>

For Christians, patience is often about waiting, waiting for God to do things in the time that is right. It is a confidence that God is faithful and to trust in God. Sometimes it is hard and difficult to understand why God takes so long but there is an acceptance that God is in control and that sometimes even miracles take time. Here are three songs that explore that Christian idea:

'While I wait' by Lincoln Brewer <https://www.youtube.com/watch?v=uvSD57FJKLc>

'Do it again' By Elevation Worship [https://www.youtube.com/watch?v=0B\\_InQIITxU](https://www.youtube.com/watch?v=0B_InQIITxU)

'It is well with my soul' this version by Audrey Assad <https://www.youtube.com/watch?v=zY5o9mP22V0>

**WATCH:** Two examples of creativity but where it's unlikely that those watching will appreciate the patience that it took.

Making of Wallace and Gromit <https://www.youtube.com/watch?v=i3CEE9xKKZc> it took 6 weeks for 1 minute of film

Waiting to film Bobcats <https://www.youtube.com/watch?v=sxYvbtE4Ybs>

### THINK:

Patience is required in a variety of situations.

**Patience with ourselves** - not giving up, coping with temper, recognising our strengths and weaknesses, not being too hard on ourselves because we all make mistakes.

**Patience with others** - recognising everyone is different, learning to make allowances for others, giving time to people, walking at another's pace and not rushing them.

**Patience with circumstances** - 'Rome wasn't built in a day', doing something worthwhile can take time, taking the long view, 'instant everything' isn't the answer to every problem.

**Patience with nature/the world** - learning to wait for things to grow (harvest); working for change is one step at a time (for example, climate change); the more complex the problem is, the more time and attention it needs before a solution can be found.

**PRAY:** *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."* ([Philippians 4:6-7](#))

Father God, I find it difficult to be patient. I don't understand why sometimes things take so long to get sorted out. I just want life to get back to normal, and that still hasn't happened. Help me to be patient and trust you. Sometimes I get so frustrated by the people around me. Help me to be patient and love them. Amen



# I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

## GATHER:

Find a place where you can be still, without interruptions. You might like to light a candle as you begin.

I wonder what you think when you join the end of a long queue?

I wonder who you think of when your teacher asks you to think of someone who is patient?

I wonder if you can think of a time in your life when you had to be patient and wait for something?

How long did you have to wait? A minute? An hour? A day? A week? A month? Longer?

## ENGAGE:

How easy do you find it to be patient?

Watch [https://www.youtube.com/watch?v=QX\\_oy96I4HQ](https://www.youtube.com/watch?v=QX_oy96I4HQ)

Several children wrestle with waiting to eat a marshmallow in hopes of a bigger prize. This video is a good illustration of waiting and the hope in future rewards. What would you have done?

In today's Bible story, Noah has some disappointments and finds that he has to be patient. At the beginning of the story we are reading today, God had told Noah to build a great big Ark. He had to take all his family and two of every kind of animal to save them from the coming flood. Noah had carefully followed God's plan, Noah had to show patience with the animals and people he was locked in with and with the timing of God's plan. He had confidence that God was with him, but he couldn't see how the plan would work out.

Let's read the story together: You can find the full version in Genesis 8 verses 6-13 but a shortened version of the end part of the story can be found in the attachment. For the full story you could watch The Jesus Storybook Bible version which is available as a video here.

<https://www.youtube.com/watch?v=yCLRcA9mlQE>

Or you could read it from a children's Bible, such as the International Children's Bible. There are many other children's versions of this story that you may have available and prefer to use.

**After the story**, use some wondering questions to help children to reflect on the relevance of patience in Noah's experiences:

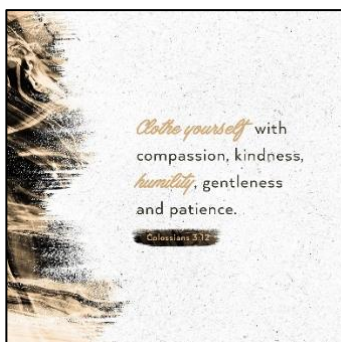
I wonder what made Noah most frustrated?

I wonder what helped Noah to be patient?

If you had been in the ark, what would have made you impatient, and what would you have done about it?

I wonder... if you have to **feel** patient, or if you can **choose** to be patient?

I wonder how you cope when you need to be patient – maybe not cooped up in an ark, but maybe in a car on a long journey, or through lockdown?



Paul wrote these words to one of the very first churches: he said:

*'...clothe yourselves with compassion, kindness, humility, gentleness and patience'* (Colossians 3:12)

So maybe patience isn't always something that we have to feel inside first – maybe it's something we can **choose** to put on, a bit like a jumper?

I wonder if that makes a difference?

If patience was an item of clothing, I wonder what it might look like? (Maybe something with lots of buttons, or shoes with laces!)

## REFLECT:

### REFLECT:

When Noah saw the rainbow in the sky at the end of the story, he must have felt as if his patience had been rewarded.

The rainbow was a sign of God's promise to his people. Draw or paint a rainbow or make a rainbow out of things you have around you. There are some pictures if you click here. [Buttons](#), [Fruit](#), [Flowers](#), or a [mix of household objects](#)!

Use the colours of the rainbow to help you think about or pray for yourself and other people:

**Red is the colour of bravery:** pray for or think about those people who are having to be brave at the moment.

**Orange is the colour of waiting:** pray or think about having to be patient and wait for things to get back to normal.

**Yellow is the colour of sunshine:** be thankful for some good things in your life.

**Green is the colour of growth:** pray or think about the people who are patiently growing and producing our food.

**Blue is a peaceful colour:** pray for or think about people who are anxious at this time, that they would find peace and be patient with themselves.

**Indigo is a sad colour:** pray for or think about those who are sad or lonely, and that those around them would be patient with them.

**Violet is a royal colour, the colour of leaders:** pray for or think about the people in our government, that they will be patient and make wise decisions.

**Do a jigsaw:** you decide how many pieces you can manage. It takes patience to finish a jigsaw, but the result is worth waiting for!

## SEND OUT:

I wonder... how might you be patient like Noah this week?

I wonder... what you will do to increase your levels of patience this week?

I wonder... how might you help someone else who is feeling frustrated this week?

Blow out your candle as a sign that your time of worship has finished.

## 2. SPIRITUAL DEVELOPMENT

*(practical ways to help us explore faith and develop spiritually at home together)*

### **EXPERIENCES** that can help us **ENCOUNTER**:

Have you ever heard of SEED BOMBS? A seed bomb is a mixture of seeds from wildflowers and powdered clay. Our insects and wildlife rely on these plants, and they are becoming rarer, especially in towns and cities. You can buy or make the seed bombs with the instructions here:

<https://www.wildlifetrusts.org/actions/how-make-seed-bomb>

You can put your seed bomb in a pot, in a part of your garden, or even in a nearby patch of waste ground if it is safe to do so. (Check with an adult)

When you have planted the seeds, you will need to be very patient! Make sure you water the soil and look forward to the time that insects and bees enjoy the flowers you planted!

One school asked their pupils to be patient wildlife photographers and send in photos of the creatures they saw around them on their walks. They put these together to create a reflective video. Scroll down to 18 May on this twitter feed <https://twitter.com/StPetersFarnham>

Remember the story of Noah? When he came out of the Ark he had the opportunity to begin again in the way he cared for the animals and for creation. He was able to create a new normal. In your reflective journal write or draw some ideas for the 'new normal' in caring for creation. Watch out for more details of a great project called **Letters for Creation** that you can get involved with. There will be more details in a couple of weeks but in the meantime you could look at this link

<https://www.christianaid.org.uk/schools/letters-creation>

Use the **EXAMEN** prayer to reflect on patience. It has 5 steps, so you might like to count them on your fingers.

1. GIVE THANKS for something that was good today
2. ASK FOR HELP with something that you find frustrating at the moment
3. REFLECT on your day and think about the things that you needed patience to cope with and the things that have frustrated you ☹
4. SAY SORRY for the times you have lacked patience and got frustrated with someone or something
5. DECIDE how you will manage your frustration tomorrow and develop more patience.

### **ACTIVITIES** that can help develop **PRACTICES-HABITS**:

Find a sand timer that takes one or two minutes. Some households have them in the kitchen for timing a boiled egg, some households have them in the bathroom to time cleaning their teeth.

You could use an online timer such as this one: <https://www.online-stopwatch.com/egg-timer-countdown/full-screen/>

Think of someone that you haven't been able to spend time with for a while, someone you are longing to see. As the sand trickles through think about that person and pray for them.

If you have the patience you could repeat this several times as you think about different people.

One person I know prays for people as he watches the wheel on his computer while it boots up in the morning. What other daily routines could you turn into an opportunity for prayer or reflection? How about when you're washing your hands, instead of singing 'Happy Birthday' (twice!) Have a look at the resources on the 24-7 Prayer website: <https://www.24-7prayer.com/downloads/Prayer%20Spaces%20in%20Schools%20-%20Coronavirus%20Prayer.pdf>

## CONVERSATIONS STARTERS that can help develop RELATIONSHIPS-COMMUNITY:

How good are you at waiting for something?

What makes you become impatient?

What helps you become more patient?

How long can you sit still?

Who do you know who is patient? When have you seen them show patience?

Paul wrote these words to one of the very first churches: he said ‘...*clothe yourselves with compassion, kindness, humility, gentleness and patience*’ (Colossians 3:12) Does it help to think that patience is not always something we feel.... It is a **choice**?

If patience was an item of clothing, what would it look like? (maybe it would have a load of buttons!!!)

## 3. PASTORAL CARE - ideas for looking after...

### Ourselfs & Our staff

It is inevitable that staff are anxious at the moment. We all have different triggers for anxiety and thresholds for becoming overwhelmed. One person may be most anxious about the proximity of parents at the start of end of the school day, while another may be more anxious about people not washing their hands frequently. We may not share someone else’s anxiety; they may not share ours. This verse from Ephesians is both a challenge and a guide. *‘Always be humble and gentle. Patiently put up with each other and love each other.’* Ephesians 4:2

This leaflet ‘Looking After Each Other and Ourselfs’ is written for school leaders during this pandemic it is helpful. [www.annafreud.org/media/11242/looking-after-each-other-ourselfs-final.pdf](http://www.annafreud.org/media/11242/looking-after-each-other-ourselfs-final.pdf)

Staff in school may not be using the staff room as much as usual and so that informal social interaction over the kettle is missing.

- If the weather is good might it work to arrange a time to take your mug of tea outside, sit at a distance and catch up?
- It may be helpful to pair staff up with a buddy who checks in with them at a social distance regularly.

While zoom get togethers can be fun, some people find having the attention of the whole group focussed on them too much, for those remote working consider getting together online in 2’s or 3’s.

Perhaps the buddy system would work for those remote working as well.

### Our families & Our community

It is helpful to acknowledge the things that people have missed out on because of the pandemic such as birthday celebrations, days out and seeing grandparents. It is also important to celebrate the good things that have happened. For example, some pupils have enjoyed spending more time with their pets or learning a new skill.

Encourage your families to create a simple traffic light, with three paper circles. Invite each member of the household to contribute their ideas to each circle. They may wish to use this as a prayer focus, or simply the opportunity for chat.

On the top circle use a red pen to write or draw something that you were unable to do because of lockdown, something that you are disappointed about.

On the middle circle use an orange pen to write or draw something that you are looking forward to doing when you are back together in school. Whenever that might be.

On the bottom circle use a green pen to write or draw something that you have enjoyed doing while you have been in lockdown.

## GOING DEEPER/FURTHER RESOURCES

For a different perspective listen to this song by Faith McCann exploring what patience looks like in the majority world

[https://www.youtube.com/watch?v=n8iP4tHpO\\_0](https://www.youtube.com/watch?v=n8iP4tHpO_0)

For a Muslim perspective watch, discuss and reflect on the Butterfly Boy video

<https://www.youtube.com/watch?v=azxq7Z89uNQ>

Research the story of Job in the Bible (the Prophet Ayub in Islam)

Find out about the Thomas Edison inventing the lightbulb, or JK Rowling getting her first Harry Potter book published, or James Dyson inventing the new vacuum cleaner, or Mary Jones saving up for her Bible. How did their circumstances teach them patience?

'Barnabas in Schools' collective worship on the Christian value of patience

<https://www.barnabasinschools.org.uk/idea/exploring-values-bible-patience>

The children's film 'Inside Out' explores some familiar emotions and how a little girl called Riley expresses and handles them. Watch the trailer here:

[https://www.youtube.com/watch?v=seMwpP0yeu4&feature=emb\\_logo](https://www.youtube.com/watch?v=seMwpP0yeu4&feature=emb_logo) There isn't a character called 'Patience', but you could ask children to create one!

Patently **colour a reflective picture**. You can download some here.

<https://spckpublishing.co.uk/colouring-sheets>

<http://flamecreativekids.blogspot.com/p/blog-page.html>

# COLLECTIVE WORSHIP – OUR APPROACH

## INVITATIONAL

Everyone is welcome to take part in collective worship, as much or as little as they or their parents and carers are comfortable with. This means we use invitational language and consider carefully our choice of words and songs. Children are invited to pray but are not compelled or expected to do so; they always have a choice. We invite them to pray or reflect in whatever way they would usually as a family, if that is part of their home experience.

## INCLUSIVE

Acts of worship need to be inclusive of all. Therefore, we choose topics and ideas that are shared by different faiths and worldviews. When we present Christian teaching, we make it clear that this is 'what Christians believe', saying things like:

'I wonder why this story might be important to Christians?'

'The story today comes from the Bible (the holy book of Christians), which teaches that ...'

Our worship should be accessible for children and young people with a range of different backgrounds, and so we take care that activities do not require expensive resources. We also offer a variety of activities, so that children and young people with differing needs can all find something they can engage with.

## INSPIRING

We aim for our acts of worship to inspire those engaging with them. How might it engage their emotions, enabling a sense of peace, comfort, hope or motivation? How might it inspire them into action, into thinking differently and considering their behaviour or actions? How might it inspire them to reflect on their faith or beliefs, and on the faith or beliefs of others?

## Patience: Noah: Genesis Chapter 8 Verses 6-13

Noah and his family were in lockdown – and we all know what that feels like, don't we?!

They had self-isolated to be safe from a world-wide flood, and now they'd been shut up together for longer than anyone really wanted to be. Noah and his family were grateful that they were all safe, but they were desperate to get out of the ark and get on with their normal lives...whatever the new normal was going to be. It had been a challenging time and they had to have patience with each other stuck as they were inside one ship ...with all those animals! And all that noise....! And all those SMELLS! They also had to have patience with God. They knew that God would bring this to an end but when....?!

After forty days of lockdown, Noah opened a window in the ark and sent out a raven, but it kept flying back and forth as the flood hadn't yet gone down and it could find nowhere to land. This was a disappointment, but Noah was just going to have to wait a little longer. Then he sent out a dove to see if the water had receded from the surface of the ground. But the dove could find no place to land either and so it returned to the ark. They were all disappointed, but they knew they just had to continue being patient. So, Noah waited another seven days and sent out the dove again and when it returned the dove had a freshly plucked olive leaf in its beak! This was great news as it meant the flood was going down and there were trees out there.

But Noah and his family still had to be patient, they needed to be sure that this wasn't just a blip, a one off... So Noah waited another seven days and then sent out the dove again. This time it did not return, and Noah was sure that it was safe.

Then God said to Noah 'Come out of the ark, all of you: you, your wife and your sons' wives'. Their patience had been rewarded. It had been a long wait; it had taken courage and resilience, but they were all safe and well. As they looked back it had all seemed worth it – and they knew that one day, it would be a distant memory. The first thing Noah did was to give thanks to God and then God set a rainbow in the sky as a reminder of his promise, that never again would a flood destroy the earth.







Weekly Resources for Collective Worship, Spiritual  
Development and Pastoral Care

**PHASE: PRIMARY**

**WEEK 6 THEME:  
RESILIENCE**





### **KEY CONCEPT/MESSAGE:**

**Resilience is the strength of character to keep going even when we encounter challenge. It can be grown or developed, like a muscle.**

**Christians learn from the Bible how to keep going when seeking justice or serving others, knowing that they don't have to do it alone.**

### ***TOGETHER, WE CAN ALL GROW IN RESILIENCE***

**'To fight for change tomorrow, we need to build resilience today.'**

**Sheryl Sandberg**

### **BIBLE STORY OF THE WEEK:**

**The Parable of the Persistent Widow (Luke 18:1-8)**

**'Yet because this widow keeps bothering me, I will see that she gets justice.'**



## TO CONSIDER AS YOU PREPARE

**KEY QUOTE OF THE WEEK:** 'To fight for change tomorrow, we need to build resilience today.'  
Sheryl Sandberg

**LISTEN: Hymn – Amazing Grace:** <https://www.youtube.com/watch?v=F2IYIhNSGIQ>;  
<https://www.youtube.com/watch?v=UIYMyI0X5YQ> or [https://www.youtube.com/watch?v=xPjsyyO\\_XqM](https://www.youtube.com/watch?v=xPjsyyO_XqM)

**Song – The Greatest by Sia:** <https://www.youtube.com/watch?v=P6lpeu6Z26g>

**Song – You are loved by Josh Groban:** “don’t give up, because you are loved”:  
<https://www.youtube.com/watch?v=EGLSk3AVcUU>

**WATCH:** this trailer for the Bethany Hamilton biopic ‘Unstoppable’ (Warning – this does contain mild details of a shark attack) <https://www.youtube.com/watch?v=O5MsXjUQLYM>  
“I didn’t need easy, I just needed possible.”

**WATCH: Piper** - Piper follows a little bird whose mother encourages it to learn to feed itself on a beach. The bird gets swept away by the tide but perseveres. This is an inspiring story that shows children that you need to be resilient through the harsh waters - that you can come out with something you didn't expect to get. <https://www.youtube.com/watch?v=vPuRBiBCxyk>

### THINK:



What does this picture make you think of?

How might it be possible for this tree to flourish here?

What helps people to flourish when they are in a difficult situation?

### PRAY:

Use this prayer by Rachel Barrentine

Dear Father,  
I praise You for Your strength, grit, and tenacity.  
You never lose. You never give up.  
You are the Life-Giving Breath in every living thing.  
In You, I live and move and have my being.  
You are my bounce-back power.  
My backbone. My bravery.  
Courage. Purpose. Steadfastness.  
Make my spirit buoyant, like a lighthouse on the water.  
Make my soul rebound with joy at the arrows of the enemy.

Make me Lion-hearted, stubborn with fearless obedience.  
When I feel like breaking, be my flexibility.  
Bend, shape, squeeze me into Your image.  
Oh that I would respond to Your voice in faithfulness.  
Oh that my eyes would be fixed on Your greatness.  
Be my Resolution. My Revelation. My Rejuvenation.  
Make me resilient.  
In Jesus name,  
Amen.

# I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

## GATHER:

As we begin this time of worship, you may like to light a candle to help you reflect. Christians use this moment to remember that Jesus is the light of the world, and whatever happens, will always be with them.

Now, sit facing a mirror or with your family. Either face yourself or one member of your family directly; catch and hold eye contact. It's ok to have a giggle because it may feel a little silly at first, but do not look away. When you are ready, give yourself or your partner a smile; a genuine, joyful smile, letting it show through your eyes. How does this make you feel? Hold on to this feeling. Now look around and see if you can share this feeling with someone else. You may like to play a song at this point which reminds you that you are loved, as this really helps in building resilience.

## ENGAGE:

This week, we are thinking about the idea of resilience – keeping going even when we encounter difficulties. It's not an easy thing to do, but it makes a huge difference. It's also something we can learn to get better at! We can develop resilience in our hearts and minds through practice, a bit like we develop muscles in our body when we exercise.

If you can, why don't you stand up and do a quick exercise now! If we do this every day, we will get stronger in our bodies. Perhaps you find it easier to exercise with someone else alongside you. Why don't you ask a member of your family to exercise with you now!

If we practice having a go at things that are hard, we can also get stronger in our minds and our hearts. Eventually, we will be able to do harder and harder things. Knowing that we have people alongside us when we try to do hard things can make it easier too.

I wonder – what do you find really hard to have a go at? Who or what helps you with this?

Today's Bible story is about someone who tried to do something really hard and kept going even though it looked like she wasn't getting anywhere.

You can read it here: <https://www.biblegateway.com/passage/?search=Luke+18%3A1-8&version=NIV> or watch a video of the story here: **The Parable of the Persistent Widow** - <https://www.youtube.com/watch?v=Nhgd8R8nK4U>

This lady wanted justice when someone treated her unfairly. She had been really brave, going to a judge, and when she asked him for help, he refused to give her the fairness she wanted. But she kept going back! The reason Jesus told this story was to encourage his followers to keep trying – if things didn't work out straightaway, they shouldn't give up. In fact, he said this is how they should pray to God – over and over again, without giving up.

I wonder how the widow in the story felt about having to go back again and again? How would you feel? Have you ever had a time when you asked someone for justice and they wouldn't listen to you?

Why don't you have a go at role-playing this story – get someone to be the widow and someone to be the judge. How many times do you think she had to ask the judge before he gave in? Why did he eventually help her?

Now think of a different situation. It might be something that happened to you, or to someone famous (look up the stories of Nelson Mandela, Rosa Parks, Gandhi or Harriet Tubman, for example).

What helped you, or the person you researched, to keep going? How did you/ they develop resilience so that you/ they could keep trying?

## REFLECT:

Watch this week's Faith at Home Assembly on Resilience: <https://www.churchofengland.org/faith-action/faith-home/faith-home-videos>



Why don't you take a piece of spaghetti (if you have one) and test out what happens if you put pressure on it when it is dry – it cracks really easily, doesn't it? How about when it is cooked? When it is cooked it actually springs back, doesn't it?

Have you ever had an experience where something difficult made you crack (like the dry spaghetti)?

Have you ever experienced a time when you felt wobbly inside, but actually you were able to spring back from a difficult situation (like cooked spaghetti)?

I wonder - who could you ask to help you if you are struggling to spring back?  
Or who might need *your* help with something hard they are trying to do right now?

## SEND OUT:

Who in your family, community, school or the world around us needs help to do hard things right now?  
Perhaps it's you... perhaps it's someone you care about... perhaps it's a group of people.

Take a moment to think of them now; you might like to say a prayer with your family if that is something you usually do. Here is a prayer you could use:

*Father God*

*I know you hear me when I cry out to you,*

*Comfort me when things feel hard,*

*Give me strength when I can't keep going,*

*Breathe into me when I feel empty and alone,*

*Help me to know I am loved and valued.*

*So I can keep springing back,*

*Again and again*

*Again and again*

*Again and again*

*Amen*

Remember, resilience is something we can practise and something we can help one another with.  
Please tell someone if you need help coming back from something difficult right now.

## 2. SPIRITUAL DEVELOPMENT

*(practical ways to help us explore faith and develop spiritually at home together)*

### EXPERIENCES that can help us ENCOUNTER:

**Amazing Ants!** Have a hunt around outside or in your garden if you are lucky enough to have one. Look carefully and observe what the ants are doing or watch the video using the link below.

Did you know that ants are able to carry 10-50 times their body weight? They are so muscly that their bodies are incredibly **RESILIENT** and they are also great at working together.



There are times when we need to be resilient in both our bodies and minds. Reflect on any challenges you might be facing at the moment and think about who you could ask for help. Many Christians believe that God works in incredible ways and even in difficult times is able to find a path to help us... maybe by finding someone else to give you the strength to keep going!

Amazing ants are ready to view here: <https://www.youtube.com/watch?v=fjyTkagc8BI>

Use the **EXAMEN** prayer to reflect on resilience. It has 5 steps, so you might like to count them on your fingers.

1. GIVE THANKS for something that went well today – perhaps something hard that you kept going with.
2. ASK FOR HELP to be able to do hard and challenging things
3. REFLECT on your day and think about the times when you showed resilience 😊 and when you found it hard to keep going 😊
4. SAY SORRY for the times you have acted in a way that didn't show love
5. DECIDE how you will share love with others through your thoughts, actions and words

### ACTIVITIES that can help develop PRACTICES-HABITS:

**Make a list** of all the animals and plants you find amazing; you could even draw them and display the picture somewhere to remind you. Maybe, you could help others who are being **RESILIENT** in trying to preserve our beautiful world - like Greta Thunberg or Sir David Attenborough whom you may have heard of. You could collect plastic from a beach, plant a small meadow or try to reduce the amount of waste you create yourself. Even something as simple as making the decision to switch off your lights and electronic devices for an hour a day can make a difference to our planet and even to you!



**Reflect on nature:** We can develop our resilience by **practising** – like exercising a muscle. Spending time in nature - and for Christians, with the Creator of the world - is one way we can strengthen our spiritual resilience.

Spending time in nature (even looking out of the window at a tree) helps our mental wellbeing and our physical health. Take the time each day to look carefully at a daisy or to stop and listen and discover how many different birdsongs you can hear.

Why don't you explore these resources from the Diocese of Leeds which give different ideas for being in (and worshipping in) nature:

<https://www.leeds.anglican.org/sites/default/files/files/Worship%20in%20and%20with%20Creation%20Outdoors%20Resources.pdf>

You could record in your **JOURNAL** the things you see and how they make you feel.



**Bounce** a ball. Each time it comes back to you, imagine yourself 'bouncing back' from a difficult situation. If the ball isn't pumped up with enough air, it will struggle to bounce back.



What do *you* need to be filled with to be able to bounce back fully?

For some Christians, it is the Holy Spirit who gives them the power to bounce back again.

Perhaps it's the love of your family and friends, feeling understood and valued, your strength of character developed over time – or a combination of all of these.

### **CONVERSATIONS STARTERS** that can help develop **RELATIONSHIPS-COMMUNITY:**

Who or what helps you to 'bounce back' from difficulty?

Are some things harder to come back from? Why? What gets in the way of you being able to bounce back?

How do you feel inside when you are able to 'bounce back'? How do you feel inside when you can't?

## **3. PASTORAL CARE** - *ideas for looking after...*

### **Ourselves & Our staff**

- **Make a flow chart** of things to do when you find things hard. Hang it up on the wall, so you can look at it when you need it. Share this with peers, friends and family, because everyone needs help with resilience sometimes.
- **Stop!** And breathe... Take time to reflect and/or pray. Self-reflection and prayer help to cleanse the mind of doubts and worry and reminds us of where we can find strength and resilience.
- **Physical health and mental health are intrinsically linked.** Cook yourself a healthy, nutritious meal. Join a local gym or walking/running group. Book a massage. Whatever makes your body feel better usually makes your mind feel better.
- **Share.** 'A problem shared is a problem halved' or so they say. There is strength in asking for help.
- **Challenge yourself.** Sign up for something a little out of your comfort zone and work towards it. A 5km run in 6 months? No problem. Join with a friend and support each other. A goal is a great way to stay motivated when things get tough.

### **Our families & Our community**

- **Ask.** Check in with your network. Getting help is great, but so is helping others. Ask someone if they are truly ok, give them space and time to talk.
- **Get involved.** Join or start a prayer group, book club, cooking club etc. Like-minded people are a great support and hobbies/interests can help with workload and time management.
- **Raise money for charity.** A sure way to brighten the lives of so many. *"In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, 'It is more blessed to give than to receive.'" Acts 20:35*



## GOING DEEPER/FURTHER RESOURCES

A prayer for resilience:

*Make my spirit buoyant, like a lighthouse on the water.*

*Make my soul rebound with joy at the arrows of the enemy.*

*Make me lion-hearted, stubborn with fearless obedience.*

*When I feel like breaking, be my flexibility.*

*Bend, shape, squeeze me into Your image.*

*Amen*

**WATCH:** Resilience – The Biology of Stress & the Science of Hope. This documentary looks at the impact of toxic stress on children, and what scientists are doing to combat it. <https://youtu.be/bAXZVYDNURY>

**FIND OUT:** about Mind – charity supporting mental health - <https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/developing-resilience/>

**FIND OUT:** Ways to *cultivate resilience* from Mindful - <https://www.mindful.org/how-to-cultivate-the-resources-for-resilience/>

**FIND OUT:** Use the Bible Reading Fellowship's resources to find out about *Resilience in Lockdown* - <https://www.brf.org.uk/resilience-in-lockdown/>

**LOOK UP:** 25 Bible verses that help build resilience - <https://biblereasons.com/resilience/>

**WATCH:** a film like Moana, which includes a character needing to keep going in order to achieve a higher purpose – in this case, Moana is able to save her village and community because she doesn't give up!  
<https://www.youtube.com/watch?v=LKFuXETZUsl>

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## INCLUSIVE

Acts of worship need to be inclusive of all. Therefore, we choose topics and ideas that are shared by different faiths and worldviews. When we present Christian teaching, we make it clear that this is 'what Christians believe', saying things like:

'I wonder why this story might be important to Christians?'

'The story today comes from the Bible (the holy book of Christians), which teaches that ...'

Our worship should be accessible for children and young people with a range of different backgrounds, and so we take care that activities do not require expensive resources. We also offer a variety of activities, so that children and young people with differing needs can all find something they can engage with.

## INSPIRING

We aim for our acts of worship to inspire those engaging with them. How might it engage their emotions, enabling a sense of peace, comfort, hope or motivation? How might it inspire them into action, into thinking differently and considering their behaviour or actions? How might it inspire them to reflect on their faith or beliefs, and on the faith or beliefs of others?



Weekly Resources for Collective Worship, Spiritual  
Development and Pastoral Care

**PHASE: PRIMARY**

**WEEK 7 THEME:  
KINDNESS**





### KEY CONCEPT/MESSAGE:

Kindness is one of the most powerful ways we show that we love and care, for ourselves, others and the natural world. The Gospels show many examples of Jesus showing kindness to all in society. Sometimes a simple act of kindness can be transformational.



### BIBLE STORY OF THE WEEK:

The Parable of the Good Samaritan (Luke 10: 25-37) (Good News Translation)

And Jesus concluded, “In your opinion, which one of these three acted like a neighbour toward the man attacked by the robbers?”

The teacher of the Law answered, “The one who was kind to him.”

## TO CONSIDER AS YOU PREPARE

### KEY QUOTE OF THE WEEK:

'We grow in kindness when our kindness is tested.' Archbishop Desmond Tutu

**LISTEN:** The first two songs explore Christian understandings of kindness. Both are underpinned by the belief that Christians have an invitation and choice to answer God's call to *be* a neighbour.

A sung version of Teresa of Avila's 'Christ has no hands' prayer:

<https://www.youtube.com/watch?v=bi9p888x38Q> or  
<https://www.youtube.com/watch?v=w7ymxV3rndk>.

'Here I am, Lord', a hymn which encourages people to offer themselves in service:

<https://www.youtube.com/watch?v=EcxOkht8w7c>

'I'll stand by you' by Bruce Springsteen. This is a good accompaniment to the Good Samaritan parable. There is a sense of real deep commitment to being alongside another person in all situations: <https://youtu.be/hwfPtkxF0aA>.

### WATCH:

This beautiful 'real-life video about simple acts of kindness that change both the giver and receiver: <https://youtu.be/GdYJr03ejjE>.

And this video on acts of kindness to make you smile, although it makes a serious point too: <https://youtu.be/qGVOrvDTIBU>.

### THINK:

Can you think of a time when someone was unexpectedly kind to you? Maybe it changed your life?

What do you think Desmond Tutu was meaning when he said that kindness grows when it is tested? Have you experienced your kindness being difficult, being tested, being rejected?



## PRAY:

Be thankful for those who have shown you kindness.

Think of others as you say these words:

*May you feel safe,  
May you feel happy,  
May you feel healthy,  
May you live with ease.*

And be kind to yourself as you say:

*May I feel safe,  
May I feel happy,  
May I feel healthy,  
May I live with ease.*

Finally ask for guidance and strength to be kind today, and eyes to see where kindness is needed.

“  
THE SMALLEST ACT  
OF KINDNESS IS  
WORTH MORE THAN  
THE GREATEST  
INTENTION.

”  
OSCAR WILDE

## I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring*

### GATHER:

Find a place where you can be still, without interruptions. You might like to light a candle as you begin.

Can you think of a time when someone was really kind to you? Was it something they did, said or thought?

How did this act of kindness make you feel?

Can you think of a time when you were really kind to someone? Think about it now - what was the look on their face when they realised what you had done for them?

I wonder how this made you feel?

### ENGAGE:

There are many stories at the moment of people sharing kindness to those around them. I wonder what kind acts you have seen? I wonder if you have done anything kind for others?

Today, we are going to read a famous story Jesus told called *The Parable of the Good Samaritan*. Let's read the story together:

<https://www.biblegateway.com/passage/?search=Luke+10%3A25-37&version=GNT>

You can also watch the Parable through one of these videos:

<https://www.youtube.com/watch?v=fO4qSAhIIsI>

<https://youtu.be/RMjQezZExh0?list=PLliUcCNmcMHKya3adISoxG8No8w2fNNc>

In the Good News Translation, we see the importance of kindness coming through:



*And Jesus concluded, “In your opinion, which one of these three acted like a neighbour toward the man attacked by the robbers?”*

*The teacher of the Law answered, “The one who was **kind** to him.”*

*Jesus replied, “You go, then, and do the same.”*

In the time and place that this parable was told, Samaritans were not popular; it was certainly not expected that *this* person, from *that* place, would be willing to help the beaten man lying helpless in the road!

How did the Samaritan show kindness to man attacked by robbers?

I wonder how the beaten man felt when the Samaritan helped him by showing kindness? I wonder how he felt when the others walked past and ignored him?

What difference do you think this act of kindness meant to the beaten man? To the Samaritan?

Why do you think Jesus decided to tell this story? What do you think he wanted those listening to think about?

Sometimes our acts of kindness, however big or small, can really make a difference in someone's life. In the Parable of the Good Samaritan, Jesus helped the teacher of the Law realise that **being** a neighbour and showing kindness was much more important than deciding who is or isn't a neighbour. Jesus' call to 'Go and do likewise' has inspired many Christians to 'love your neighbour as yourself'.

**Sing:** You might like to sing or listen to this song by Watoto Children's choir. It is called 'We will go' <https://youtu.be/tCEGDkdXOcM>

One of the lyrics says, "I will be your hands and feet". I wonder what you think this means?

Do you think that by being kind people can be God's hands and feet, spreading kindness and love to others?

## REFLECT:

I invite you to watch this video. It is really inspiring and shows what can happen when people spread kindness.

[https://www.youtube.com/watch?v=X3ld9\\_p2bS0](https://www.youtube.com/watch?v=X3ld9_p2bS0)

At the moment, we can't go out onto our streets like the people in the video, but we can still do something to spread kindness.



Sit quietly, be still and think about all you have heard in this act of worship. I wonder what words or images have made you think today?

I wonder what you might do after watching and listening today?

I invite you to join with me in a prayer. For Christians, prayer is just talking to God, who they know listens and hears their prayers. If you agree with what I have said, then please join me in saying, 'Amen'.

*Dear God, thank you for all those who are sharing kindness in our communities. Thank you for their acts of kindness, generosity and love. Help me to be kind through my words, actions and attitude. Please show me if one of my family members (or friends) needs me to be extra kind to them today. Thank you, God, for inspiring us to be kind through your love for the world. Amen.*



### SEND OUT:

Consider this statement about 'Random Acts of Kindness':

"Kindness is giving hope to those who think they are alone in the world."

I wonder if there are people living near you or a relative that feels they are alone? I wonder what you could do this week to let them know they are not alone by sharing your kindness with them? Who needs you to be a neighbour?

Go in peace to share love and kindness with all you meet.

## 2. SPIRITUAL DEVELOPMENT

*(practical ways to help us explore faith and develop spiritually at home together)*

### EXPERIENCES that can help us ENCOUNTER:

We can show kindness to others but also the world around us, which unites as our common home. What does it mean to you to show kindness towards God's creation? You could reflect on this by writing a poem, drawing a picture, making a video, or any other creative way you can think of. Think about what acts of kindness you'd like to see shown to the natural world by our leaders, whether they're big or small.



And what acts of kindness might you be able to do as part of being a good neighbour to our planet? Send your reflection to Letters for Creation, which is a project inviting children and young people to reflect on what caring for creation means to them, and your submission could be featured as part of a national exhibition. For more information, visit [www.churchofengland.org/lettersforcreation](http://www.churchofengland.org/lettersforcreation).

Use the **EXAMEN** prayer to reflect on kindness. It has 5 steps, so you might like to count them on your fingers.

1. GIVE THANKS for people who have shown kindness to you recently
2. ASK FOR HELP in thinking about ways you could show kindness to others this week
3. REFLECT on your day and think about the ways you have been kind to others 😊, and the times you may have been unkind ☹
4. SAY SORRY for the times you may have been unkind
5. DECIDE how you will be a 'good neighbour' tomorrow

### **ACTIVITIES that can help develop PRACTICES-HABITS:**

How amazing does it feel when someone shows you a random act of kindness? Kindness can be shared in so many ways from a quick smile to holding a door open for someone to giving a bunch of flowers because you were thinking of friend.

**Have a look** at this list from <https://www.mentalhealth.org.uk/blog/random-acts-kindness>. Challenge yourself to fulfil as many of these 'Random Acts of Kindness Ideas' with your family and friends. I wonder if there are any other ideas you can think of that are missing from this list? Remember to be safe during these times of social distancing! A hug, for example, may have to be a virtual hug.

**Create** a 'bingo game' with your family using acts of kindness examples. They could include things like 'make a hot or cold drink for a family member', 'share a positive compliment' or 'do your brother or sister's chores for them'. Play the game throughout the week, ticking off or colouring in each act you complete, and share how many things you were able to complete at the end of the week. Have a conversation with your family about what it felt like to give and receive the acts of kindness. Perhaps you could record this in your journal?

### **CONVERSATIONS STARTERS that can help develop RELATIONSHIPS-COMMUNITY:**

How does it feel to be able to give an act of kindness to someone you know? How about someone you don't?

When is it difficult to be kind to people?

Who do you need to be kind to right now and why?

What does it feel like when someone has shown you an act of kindness?

How can we grow kindness in our community?

In a world where  
you can be  
anything,  
**BE KIND.**

### 3. PASTORAL CARE - ideas for looking after...

#### Ourselfs & Our staff

##### Be kind to yourself:

- Allow yourself time to do the things you want to do – without feeling guilty.
- Take a walk and listen to the sounds of the natural world – everything seems much louder now the skies and roads are less congested.
- Declutter your house and mind. Save some of your unwanted items that could become treasures to others.
- Build a series of playlists to capture different moods – share ideas with staff:
  - Inspirational and uplifting
  - Music for restful sleep
  - Relaxing music

Read the Serenity Prayer:

*God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.*

##### Our staff:

- Send an email to a member of staff – checking that they are doing OK during this strange time.
- Leave an anonymous note in a pigeon-hole thanking a colleague for something they have done.



#### Our families & Our community

##### Our families

**Build** a list of random acts of kindness:

**Make** a list of 5-10 people in your family. Take time to think of each person on your list: what do they like doing; what might they need help with; what random act of kindness could you do for them.

##### Our community

There are so many ways to show kindness in the community - even a simple gesture, like a smile, could make all the difference to someone.

50 ideas for random acts of kindness can be found on [www.mentalhealth.org.uk/blog/random-acts-kindness](http://www.mentalhealth.org.uk/blog/random-acts-kindness). Why not have a read and see how you could make a transformational act this week?

## GOING DEEPER/FURTHER RESOURCES

**Read** the poem *Kindness* by Edgar Albert Guest.

One never knows  
How far a word of kindness goes;  
One never sees  
How far a smile of friendship flees.  
Down, through the years  
The deed forgotten reappears.

One kindly word  
The souls of many here has stirred.  
Man goes his way  
And tells with every passing day,  
Until life's end:  
'Once unto me he played the friend'.

We cannot say  
What lips are praising us to-day.  
We cannot tell  
Whose prayers ask God to guard us well.  
But kindness lives  
Beyond the memory of him who gives.

What words or acts of kindness have really stayed with you?

I wonder if you have ever been blessed by an unexpected act of kindness?

Which couplet resonates with you the most? I wonder why that might be?

**Read** a book which champions kindness, such as *Horton Hears a Who* by Dr Seuss. An audio drama is available here: <https://www.youtube.com/watch?v=lgPcAxkxoio>

**Explore** more worship and creative activities based on kindness and the Parable of the Good Samaritan.

An active reading of the Parable of the Good Samaritan - <https://engageworship.org/ideas/good-samaritan-active-reading>

A collective worship plan about helping others - <https://www.barnabasinschools.org.uk/idea/good-samaritan-helping-others>

Kindness Postcard activity -

[https://www.prayerspacesinschools.com/upload/home\\_resources/downloads/37223730b578222f20e9f622a68b28ea.pdf](https://www.prayerspacesinschools.com/upload/home_resources/downloads/37223730b578222f20e9f622a68b28ea.pdf)

### Watch

This clip from the film *Evan Almighty*. 'You want to know how to change the world...Through one random act of kindness at a time' - <https://www.youtube.com/watch?v=T4cOQZG0IYE>

*Colour Your World with Kindness* video - <https://www.youtube.com/watch?v=rwelE8yyY0U>

# COLLECTIVE WORSHIP – OUR APPROACH

## INVITATIONAL

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Weekly Resources for Collective Worship, Spiritual  
Development and Pastoral Care

**PHASE: PRIMARY**

**WEEK 8 THEME:  
GENEROSITY**





## KEY CONCEPT/MESSAGE:

Being generous is a conscious decision from the heart to do something with what you have. Christians believe that God calls his people to be generous with what he has given to them. It is a sign of trust in God, that there will be enough for everyone, so share it. Being generous isn't always about money, we can be generous in so many other practical ways.

Proverbs 3:27-28

Never walk away from someone who deserves help;  
your hand is God's hand for that person.

Don't tell your neighbour "Maybe some other time"  
or "Try me tomorrow"  
when the money's right there in your pocket.

## BIBLE STORY OF THE WEEK:

The story of the generous widow Luke 21: 1-4



The Widows Mite by Jesus Mafa



## TO CONSIDER AS YOU PREPARE

### QUOTE OF THE WEEK:

“The person who gives with a smile is the best giver because God loves a cheerful giver.” Mother Teresa

### LISTEN:

A Generous Heart by Mark Atrogge

<https://www.youtube.com/watch?v=FqIG4yKrX-k>

Generosity by Jerome Collins

<https://www.youtube.com/watch?v=nF3yJg45NZY>

A wonderful worship song with lyrics at the centre; ‘We need more generosity, more love for you and her and me’

For the Beauty of the Earth by John Rutter

<https://www.youtube.com/watch?v=JVQFEgT7E6c>

This beautiful choral hymn performed by the Cambridge Singers with accompanying slideshow of scenes from nature would make an excellent background to reflection time or to set the scene for an act of collective worship.

### WATCH:

A short clip to help you contemplate the generosity of the widow. Depending on the age of your participants, you might want to use this in an act of collective worship. Good for KS2 aged children – thinking about percentages and ratios:

<https://www.youtube.com/watch?v=K6K85pIlnHM>

### PRAY:

Lord Jesus, teach me to be generous;  
teach me to serve you as you deserve,  
to give and not to count the cost,  
to fight and not to heed the wounds,  
to toil and not to seek for rest,  
to labour and not to seek reward,  
except that of knowing that I do your will.  
Amen

St. Ignatius Loyola

# I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

## GATHER:

Find a place where you can be still, without interruptions. You might like to light a candle as you begin.

Look at this picture? I wonder how it makes you feel or what it makes you think about?



## ENGAGE:

I wonder what you think generosity means? If you are with someone, have a chat with them about what they think it means. Do you both agree?

The dictionary defines generosity as, “the quality of being kind and generous.” Do you agree with this?

Can you think of a time when someone was really generous to you? Or when you have been generous towards someone else? What happened? How did it make you feel?

How many different ways can you think of to be generous that don't involve spending or giving money?



Invite the children to spend a while looking at this image. What do you notice? I wonder what you think is happening? I wonder who you think the characters are?

In the Bible, Jesus explains to his disciples the importance, not just of what we do and are seen to do, but the reason **why** we do something – what is in our mind and our heart when we choose to do something is as important as **what** we do.

He compares the acts of the “teachers of the law” (the Scribes or Jewish Leaders) with the act of a poor widow. A widow is a lady whose husband has died. In Jesus’ time, widows were often poor because they did not have their husbands to protect them anymore and bring money home to live on.

Whilst we listen to the story, have a think about:

*Who was the most generous person and why?*

Share the passage together:

### **The Widow's Offering - Luke 21: 1-4; New Living Translation**

*"While Jesus was in the Temple, he watched the rich people dropping their gifts in the collection box. <sup>2</sup> Then a poor widow came by and dropped in two small coins.*

*<sup>3</sup> "I tell you the truth," Jesus said, "this poor widow has given more than all the rest of them. <sup>4</sup> For they have given a tiny part of their surplus, but she, poor as she is, has given everything she has."*

Or, you might like to join in with the story as The Reverend Canon Dr Rob James tells it with simple actions.  
<https://youtu.be/ac8gTjb5hE4>

I wonder who you think was the most generous person in the story? Why do you think that?

I wonder why Jesus told this story? What do you think he wanted his followers to learn from it?

I wonder where those two copper coins came from – did someone give them to the widow? Did she find them? Did she earn them? I wonder what work she did to try to survive?

Jesus noticed the poor widow. He saw that she knew and loved God and that she trusted God to meet her needs, in every area of her life. This meant she was free to be generous and give her two copper coins away. I wonder if she smiled when she did so? I wonder who or what enabled you to be generous?

### **Be Inspired:**

Here is an example of generosity in action:

Project Malachi – This is an exciting housing project for homeless people, that was inspired by 5 year old Malachi, who gave his £5 tooth fairy money to the Salvation Army to build houses for homeless people. 3 years later 42 units have been built to give those who don't have a home a place to live.

<https://www.youtube.com/watch?v=88ounhVIPbA> (It is 5 minutes long, so you might want to just watch from 45 secs to 3 minutes 40 seconds)

<https://popuphostel-ilfordsalvationarmy.nationbuilder.com/about>

How is this an example of generosity?

Malachi, like the widow in the story, gave all he had, look at the difference it made.

I wonder how this story makes you feel?

## **REFLECT:**

### **REFLECT:**

Read this passage from Proverbs together. Allow some time and space and invite the children to reflect on the words within this passage.

Proverbs 3:27-28

Never walk away from someone who deserves help;  
your hand is God's hand for that person.

Don't tell your neighbour "Maybe some other time"  
or "Try me tomorrow"  
when the money's right there in your pocket.

I wonder which part of this passage made you think?

I wonder how this passage made you feel?

I wonder what you might do differently after reflecting on this passage?

As you continue to sit quietly, ask the children if they think being generous is only about money?  
Invite them to reflect on ways that can be generous without using any money.

### **Prayer together:**

Father God we thank you for your generosity.

We thank you now for ..... (Invite the children to fill in the blank with someone or something they are thankful for)

Thank you for all those people in our country who have given generously during the Covid pandemic.

Teach us God to be generous following your example. Help us give our time, words, energy, love and possessions with a cheerful and generous heart.

Amen

## **SEND OUT:**

I wonder what you could do as a person, as a family, as a group of friends or classmates to be truly generous?

“The person who gives with a smile is the best giver because God loves a cheerful giver.” Mother Teresa  
How could you be a cheerful giver in all you do this week?

Blow out your candle as a sign that your time of worship has finished.

## **2. SPIRITUAL DEVELOPMENT**

*(practical ways to help us explore faith and develop spiritually at home together)*

### **EXPERIENCES that can help us ENCOUNTER:**

How is your journal going? Look back through what you have written and included in it. Give thanks for all you have experienced and learnt by keeping a journal so far.

Add your thoughts and reflections about generosity to your journal— perhaps making a list of ‘people who have shown me generosity and people I have been generous to’.

You could write in your journal a pledge to be more generous by ..... Reflect and ponder about how you could be more generous.

Use the **EXAMEN** prayer to reflect on generosity. It has 5 steps, so you might like to count them on your fingers.

1. GIVE THANKS for someone who has been generous towards you today.
2. ASK FOR HELP to be more generous towards those who find it hard to be generous with.
3. REFLECT on all that you have and think about what you could share with others.
4. SAY SORRY for a time when you have not been generous and should have been.
5. DECIDE how you could be more generous with your time and words this week.

## ACTIVITIES that can help develop PRACTICES-HABITS:

Have you ever stopped to think about how generous the world around us is? Christians believe this is a sign of God's generosity! Fruit, flowers, water, sunlight, crops, fish, birds and animals, weather.

Think of blossom, which comes in huge abundance and the tree looks absolutely beautiful for a few days, and then all the blossom falls and the moment is over. It seems like such an extravagance gesture to provide so many flowers which are so beautiful for such a fleeting moment.

Go outside and look around at creation and how generous it is. You may want to praise God for the beauty and all creation provides. You may prefer to reflect on how the abundance of nature makes you feel.

When it next rains, consider the provision of water and reflect on those who do not have enough.

Creation is a gift which we need to care for and nurture so that everyone can enjoy it, not something we exploit for our own gain. Sharing the good gifts of nature and taking care of it seem to be part of this concept too – even something simple like not picking wild flowers so that everyone can enjoy them rather than being selfish and taking them home for yourself.

I wonder how you can ensure that creation continues to be generous in the way it blesses each of us?

What could you plant or help preserve in your garden or local area?

How could you use less of something to make sure someone else has enough? Could you save some water, recycle more or buy less food?



Could you create a generosity tree? Could you decorate it with symbols of generosity? I wonder what these would look like?

Think about all the people you care about and then reflect on how you could be generous to each of those people.

Keep the tree up as a reminder to be generous.



## **CONVERSATIONS STARTERS** that can help develop **RELATIONSHIPS-COMMUNITY**:

What does it mean to be generous?

Is being generous a choice?

What stops you from being generous?

How could we spread generosity through our relationships and actions?

Is it important that people see our generosity?

### **3. PASTORAL CARE** - *ideas for looking after...*

#### **Ourselves & Our staff**

How can you be generous to yourself?

- Relax – What helps you relax? Is it time with a book, a soak in the bath or a walk outdoors? Find some time to treat yourself. Be generous to yourself.

How can you be generous to each other in school?

Could you set up a secret angel system? Each member of staff is given the name of another member of staff. They then have to do thing anonymously to bless their person. It could be a note of encouragement or , chocolate bar, favourite drink etc.

#### **Our families & Our community**

How can you be generous to each other at home?

Could you use your words to be more generous to those you live with?

Could you be generous with your space or time?

How could you share your generosity with others?

Could you pledge to give regularly to a local food bank?

Could you make time to talk to your neighbours rather than just saying hello?

#### **How can you be generous with your words?**

<https://www.ageuk.org.uk/get-involved/volunteer/donate-your-words/>

Cadbury and Age UK have joined forces to tackle loneliness; A campaign called 'Donate Your Words.'

Who could you ring and talk today? Who could you donate your words to?

Watch how Manchester United helped to support this campaign. [https://youtu.be/\\_T0R2l4Uwho](https://youtu.be/_T0R2l4Uwho)

#### **How can you be generous with your time?**

Watch how this generous group of volunteers who give up their time to tidy and clean the paths along the canal. <https://youtu.be/sZpMc3s3lXk>

I wonder how you could be generous with your time to make your local area clean and more inviting to your community?



## GOING DEEPER/FURTHER RESOURCES

On its own, the story of the Widow's Mite might suggest to children that giving is something that Jesus asks especially of the poor. It may also seem to place emphasis on giving very small amounts.

The real lesson of the Christian Gospel (and of the Widow's Mite) is that generosity is asked of everyone, and is modelled by Jesus as being sacrificial. Those who have received much are expected to give much. Christian generosity springs from loving our neighbour *as ourselves*, so it involves sharing all that we have. The model of sacrificial, self-giving is the sacrifice which Christians believe Jesus makes of himself, of his very life, on the Cross. The Widow makes a sacrifice by giving very little, because she has very little.

Christian generosity is about giving because others are in need, to treat them as we would like to be treated ourselves. John the Baptist says, in Luke chapter 3, "*anyone who has two shirts should share with the one who has none, and anyone who has food should do the same.*"

Use this poem to reflect on your own generosity.

### **And when you give**

Give like the widow would  
Quietly and thoughtfully  
Wholeheartedly and consciously

And when you give  
Give hilariously  
Generously  
Be gutsy till angels agree  
On the degree  
To which you plunge  
The depths of your karki jeans

And if in doubt  
Just focus on the tree  
And the costly sacrifice  
He willingly made  
For you and me.

Give like the widow would -  
Like it's just between you and God  
And then you'll be free.

*Taken from 'And when you give by' Steve Page #hellopoetry*

**Read** - Consider other Gospel stories in which Jesus talks about giving in different contexts:

- When Zacchaeus comes to believe in Jesus, he gives away half his wealth and compensates those whom he has cheated by giving them back fourfold (Luke 19).
- When the Rich Young Man asks Jesus what he must do to be truly obedient to God, Jesus tells him to sell all his possessions and give to the poor (Luke 18:18-30).
- Jesus once said that it is easier for a camel to pass through the eye of a needle than for a rich man to enter God's Kingdom. This is not because having wealth is wrong, but because once we have lots of good things, we are at risk of holding on to them instead of using them for the benefit of other people (Luke 18:24-27).

Notice that all the illustrations in this section come from Luke's Gospel. Luke is particularly concerned with marginalised in his society, I wonder what this tells you about Luke and the society he lived in. I wonder how these stories and the compassion for the marginalised in Luke's Gospel impacts on you?



## Watch

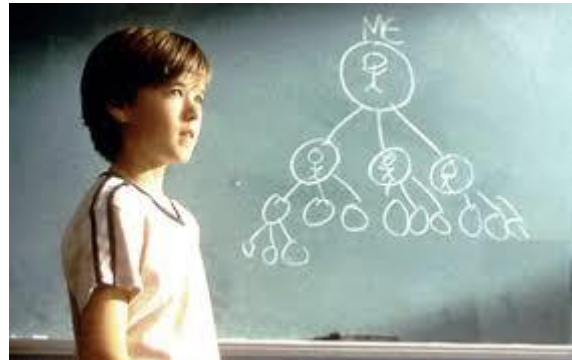
Extend your understanding of the Bible's view of generosity by watching this video from the Bible project.  
<https://bibleproject.com/explore/generosity/>

Watch this clip and trailer from the film 'Pay it forward'

[https://www.youtube.com/watch?v=\\_Qsmkz8HHCo](https://www.youtube.com/watch?v=_Qsmkz8HHCo)

What impact does the little boy's generosity have on others?

Is it really possible to change people's lives by being abundantly generous?



## Generosity

It is not fame I seek. Not even slight recognition. But if in my life I can help just one person, I will be satisfied. I don't need to change the world. But I can change somebody's world. That's all that matters. Think of the greatness we could achieve if every single person carried this same mentality. If humanity was motivated by such altruism, we would unlock unlimited potential and a new kind of peace.

By Alana #hellopoetry

# COLLECTIVE WORSHIP – OUR APPROACH

## INVITATIONAL

Everyone is welcome to take part in collective worship, as much or as little as they or their parents and carers are comfortable with. This means we use invitational language and consider carefully our choice of words and songs. Children are invited to pray but are not compelled or expected to do so; they always have a choice. We invite them to pray or reflect in whatever way they would usually as a family, if that is part of their home experience.

## INCLUSIVE

Acts of worship need to be inclusive of all. Therefore, we choose topics and ideas that are shared by different faiths and worldviews. When we present Christian teaching, we make it clear that this is 'what Christians believe', saying things like:

'I wonder why this story might be important to Christians?'

'The story today comes from the Bible (the holy book of Christians), which teaches that ...'

Our worship should be accessible for children and young people with a range of different backgrounds, and so we take care that activities do not require expensive resources. We also offer a variety of activities, so that children and young people with differing needs can all find something they can engage with.

## INSPIRING

We aim for our acts of worship to inspire those engaging with them. How might it engage their emotions, enabling a sense of peace, comfort, hope or motivation? How might it inspire them into action, into thinking differently and considering their behaviour or actions? How might it inspire them to reflect on their faith or beliefs, and on the faith or beliefs of others?



Weekly Resources for Collective Worship, Spiritual  
Development and Pastoral Care

**PHASE: PRIMARY**

**WEEK 9 THEME:  
VULNERABILITY**





## KEY CONCEPT/MESSAGE:

Vulnerability is not weakness! It is not winning or losing, it is having the courage to show up, be seen when you have no control over the outcome. It is about asking for what you need, having hard conversations and talk about how you are feeling. *Brené Brown*

Christians believe, that being vulnerable means you are honest with who you are, how you feel and acknowledging the parts of yourself that you would rather keep hidden. It's not hiding behind an 'Instagram life', its about being real with God and people you meet. It is hard to be vulnerable, to feel out of control or anxious about situations. Christians are reminded throughout the Bible that God's power and grace is enough, that even in times of vulnerability, He is in control and we will not be left abandoned or alone.

## BIBLE STORY OF THE WEEK:

The story of the woman who pours oil onto Jesus (Matthew 26: 6-13)



## TO CONSIDER AS YOU PREPARE

**KEY QUOTE OF THE WEEK:** 'What makes you vulnerable makes you beautiful!' *Brené Brown*

**PAUSE:** Thinking about vulnerability can raise feelings or memories that might be painful. Be kind to yourself, take some time to just breathe, lean into your vulnerability, be honest with yourself and remember 'You ARE enough'.

**LISTEN:** If we're honest by Francesca Battistelli

<https://www.youtube.com/watch?v=IDcTvtuuVU8>

*'Truth is harder than a lie  
The dark seems safer than the light  
And everyone has a heart that loves to hide  
I'm a mess and so are you  
We've built walls nobody can get through  
Yeah, it may be hard, but the best thing we could ever do, ever do  
Bring your brokenness, and I'll bring mine  
'Cause love can heal what hurt divides  
And mercy's waiting on the other side*

*If we're honest  
If we're honest  
Don't pretend to be something that you're not  
Living life afraid of getting caught  
There is freedom found when we lay our secrets down at the cross, at the cross.'*

**WATCH:** Brené Brown's original TED talk on vulnerability.

[https://www.ted.com/talks/brene\\_brown\\_the\\_power\\_of\\_vulnerability/transcript?language=en](https://www.ted.com/talks/brene_brown_the_power_of_vulnerability/transcript?language=en)

**READ:** A great article exploring Brene Brown's talk on vulnerability from a Biblical perspective.

<https://thethread.ptsem.edu/culture/vulnerable-god>

**READ:** This article describes the definition of vulnerability we will be exploring through this act of worship and spiritual encounters below. <https://www.veysigmund.com/vulnerability-the-key-to-close-relationships/>

*Vulnerability is the driving force of connection. It's brave. It's tender. It's impossible to connect without it.*

*But we've turned it into a weakness.*

*We've made ourselves 'strong'. We've toughened up, hardened up and protected ourselves from being hurt. We've protected ourselves from vulnerability and disallowed the surrender. Here's the problem. When we close down our vulnerability we are shielded from hurt, but we are also shielded from love, intimacy and connection. They come to us through the same door. When we close it to one, we close it to all.*

*Without vulnerability, relationships struggle. Vulnerability is, 'Here I am – my frayed edges, my secrets, my fears, my affection. Be careful – they're precious.' In return, it invites, 'Oh, I see you there. It's okay, you're safe. And here – here's me.' It builds trust, closeness and a sense of belonging. Relationships won't thrive without it. Vulnerability is openness to experiences, people and uncertainty. It's terrifying at times, and brave always.*

*Karen Young*

## **PRAY:**

Lord help us know that we are known.  
To accept that we are accepted.  
To love ourselves as much as you do.  
And as we behold your time on Calvary,  
the summit of Your vulnerability.  
May we have the courage to be vulnerable too.  
To live a life of absolute truth towards you.  
For you are the living one that sees us.  
And as the 'door to our heart' opens, it frees us,  
To love others, ourselves without reservation  
To embrace this imperfect life, with its joy and it's pain.  
Knowing well that as we behold you again,  
The door swings back open by faith.  
For you are the living one that sees us.  
Amen

*By David Tensen*

*(inspired by Hagar's response in Genesis 16:13)*

# I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

## GATHER:

Find a place where you can be still, without interruptions. You might like to light a candle as you begin.

As you sit quietly, look at this image and reflect on what it makes you think of.



⇒ A spiders web is incredibly vulnerable, but there is beauty in the strength of its design. What if a spider never created its web out of fear of it breaking or being destroyed?

This act of worship is going to explore what vulnerable might mean. It can be difficult to understand, as people use the word vulnerable in different ways. You might have heard the term 'vulnerable people' lots in the news recently as these groups of people have had to take more care and stay in their homes for longer than others due to the Covid 19 pandemic.

We are going to think about another meaning of vulnerability – the times when we have had the courage to be honest to ourselves and others, to show love, ask for help or apologise.

## ENGAGE:

The dictionary describes vulnerability as *'The emotion we experience during times of uncertainty, risk and emotional exposure.'* (– be aware that most definitions use the word weak in the definition, we are trying to break away from this stereotypes, so avoid these if you can.)

I wonder what comes to mind when you hear the word vulnerable?

I wonder if you thought of things that seem weak, like babies, baby animals, elderly people or those in danger? You are right, these people and animals may be vulnerable and need others to help them survive or live each day.

I wonder if you thought of anything else? What about a time when you had the courage to be honest with someone? Or a time when you asked a group of children if you could play with them?

Some people think you mustn't be vulnerable, as it makes you weak. But being vulnerable is actually ok, it isn't something you need to hide.

Genuine vulnerability enables you to share your emotions, be honest or say sorry when needed. It allows you to ask for help when you are struggling. This takes courage, as you will have to put yourself in a place where you might get hurt or rejected, but what would you miss out on if you didn't ever take a risk?



Look at this picture carefully, what do you notice? Who do you think the characters in the image are? How do you think they are feeling?



Share the story together:

*Jesus anointed at Bethany – Matthew 26: 6-13 (NIV)*

*<sup>6</sup> While Jesus was in Bethany in the home of Simon the Leper, <sup>7</sup> a woman came to him with an alabaster jar of very expensive perfume, which she poured on his head as he was reclining at the table.*

*<sup>8</sup> When the disciples saw this, they were indignant. ‘Why this waste?’ they asked. <sup>9</sup> ‘This perfume could have been sold at a high price and the money given to the poor.’*

*<sup>10</sup> Aware of this, Jesus said to them, ‘Why are you bothering this woman? She has done a beautiful thing to me. <sup>11</sup> The poor you will always have with you, but you will not always have me. <sup>12</sup> When she poured this perfume on my body, she did it to prepare me for burial. <sup>13</sup> Truly I tell you, wherever this gospel is preached throughout the world, what she has done will also be told, in memory of her.’*

I wonder what you think about this story? I wonder which phrases or words stand out for you?

Think about the woman in the story, what did she do for Jesus?

In another version of this story, it says that the woman used her hair and tears to wash Jesus’ feet.

I wonder what this tells you about the woman and how she felt about Jesus?

The woman in the story made herself vulnerable, she did something that was different to the normal Jewish custom and culture of the time, which could have resulted in her being rejected, laughed at or thrown out of the house. (Woman in Bible times wouldn’t have taken their hair down in public, or poured huge amounts of oil on a guest. Guests usually were anointed on arrival at someone’s house with a dap of oil, but the oil that the woman used was hugely expensive and precious.)

The woman was willing to share her most precious possession with Jesus and place herself at his feet to show how much she loved and honoured him as Messiah.

I wonder how she felt when the other disciples started being unkind towards her and what she had done?

I wonder if you have ever been in a situation like this, where you have made yourself vulnerable and been told off or laughed at?

Did you say ‘I won’t be doing that again, it hurt too much.’ Or ‘Yes that hurt my feelings, but I am willing to have the courage to take a risk like that again.’

*(You might want to illustrate this with images from your context, or ask children to act some scenarios out.)*

I wonder if you have responded like the disciples to someone when they have made themselves vulnerable to you?



Look at what Jesus said to the disciples ... 'She has done a beautiful thing to me.'

Jesus recognised the beauty in her gift and vulnerability, he loved her for what she had done and who she was.

I wonder if we can follow the example Jesus set here, by responding in love and kindness when someone makes themselves vulnerable?

Jesus also said to his disciples that she would be remembered for what she did, in a good way. The fact that we are reading her story now, means we are remembering her for this loving and generous act.

## REFLECT:

I wonder how this story makes you feel? I wonder if you find it hard to find the courage to be vulnerable?

Christians believe that God loves everyone for who they are and He will give them the courage when they ask for it. Being vulnerable means you are honest with yourself, and you don't hide behind anything or anyone.

Listen to this song called 'I am Amazing by Philippa Hanna

<https://www.youtube.com/watch?v=fVnKj0fbMiU>

Listen carefully to the lyrics.

*That I am amazing, in spite of what I can see,  
When I look at myself wishing I could be anyone other than me  
Cos I was created  
With everything I could ever need  
So I'm not gonna change  
I'm gonna stay just the way God made me*

Christians believe that God created each person perfectly unique. The Bible tells Christians that God knew each person before they were born, watched as they grew and even knows how many hairs there are on each person's head! (Taken from Psalm 139) This reminds Christians that God knows everything about each person, mistakes, faults, cracks, good deeds, kind thoughts etc. So, it is ok to be vulnerable before God, because he knows and loves each person just the way they are.

I wonder what makes you amazing?

## Invite – pray together

Dear God, as I journey and dance through my life ... help me;

To be vulnerable

To know that I am beautifully and wonderfully made

To have courage to be myself

To connect with others

To live a life of joy and thankfulness

To remember that I am enough and loved by you.

Amen

## SEND OUT:

You are enough! You are amazing! You don't need to try and be someone you are not. Be who you are. Remember, what makes you vulnerable makes you beautiful!

I wonder if you have the courage to be vulnerable and honest with those you trust this week?

I wonder when someone makes themselves vulnerable towards you, how you might react? Like Jesus or the disciples?

Blow out your candle as a sign that your time of worship has finished.

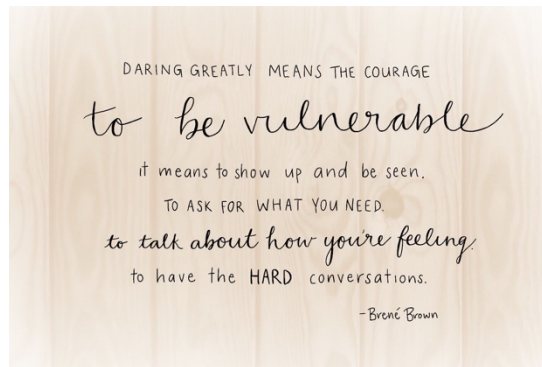
## 2. SPIRITUAL DEVELOPMENT

*(practical ways to help us explore faith and develop spiritually at home together)*

### EXPERIENCES that can help us ENCOUNTER:

Add your thoughts and reflections from this week to your journal. Below are some suggestions for you to experience and reflect on moments of vulnerability in your life.

Reflect on this statement from Brené Brown and add your thoughts to your journal.



- When have I had the courage to be vulnerable?
- When could I have been more vulnerable and honest about my feelings?
- When have I ignored difficult situations or avoided challenging conversations this week? What could I have done differently?
- What hard conversations have I had this weekend, how did they go? Did I have the courage to be vulnerable and lean into these difficult conversations?

### ACTIVITIES that can help develop PRACTICES-HABITS:

Sit around the table for a meal at the end of the day. Ask the question – how are you? What has been the best part of the day and why? What has been the most difficult part of the day and why? Encourage further conversation of why something may have upset you. What was the trigger? How did you feel? What can we do as a family to support you when this happens again? You might like to bring your thoughts to God and pray together as a family. Add these prayers to your journal where each family member makes a contribution and then pray through each situation as it arises. Remember to record those answers to prayers

Reflect on the vulnerability of nature. It is often being out in the countryside, that some Christians encounter God and feel God very near to them. As a family, go out for a walk, take the camera and spend time taking photographs with a zoom lens. Take photos of the flower petals, birds and the tiny insects. For Christians, it is a reminder that God is interested in the very infinite details of their lives and he cares for every part of it.



## CONVERSATIONS STARTERS that can help develop RELATIONSHIPS-COMMUNITY:

- Who do you talk to about your feelings?
- Does that feel hard or easy?
- How could I help you?
- Will you help me?
- What do you love about home?
- What makes home life tough sometimes?
- Why do you think so many people feel lonely today?
- I wonder what we could do about this?

These questions are ideal if you are doing a meal or just sitting around in groups with a drink to encourage positive conversations depending, of course, on how well people know each other.

Questions taken from a resource called 'Table Talk' [www.table-talk.org](http://www.table-talk.org)

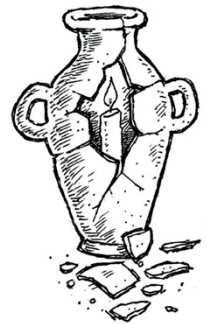
### 3. PASTORAL CARE - ideas for looking after...

#### Ourselves & Our staff

##### A reflection:

##### Treasure in Clay Jars 2 Corinthians 4: 7-9 (TPT)

*<sup>7</sup>We are like common clay jars that carry this glorious treasure within, so that the extraordinary overflow of power will be seen as God's, not ours. <sup>8</sup>Though we experience every kind of pressure, we're not crushed. At times we don't know what to do, but quitting is not an option. <sup>9</sup>We are persecuted by others, but God has not forsaken us. We may be knocked down, but not out.*



Clay pots are one of the most common found items during archaeological digs. They often aren't found complete, many are chipped, cracked or damaged, but there must be strength and stability in the material used to create the pot for it to survive hundreds of years under the ground.

I wonder what it is about a clay pot that helps it to withstand these pressures?

Maybe it was the choice of material, the loving care of the maker, or the protection of the soil around it?

This verse reminds Christians that despite their fragility, the treasure of God's life giving strength shines out of them filling them with hope, courage, guidance and wisdom.

As school leaders, you might be knocked down, crushed under pressure, rung out emotionally and spiritually, but look to this verse; **God has not forsaken YOU.**

For Christians they know that protection and loving care of God will help to rebuild, renew and strengthen them in these times of difficulty and trial.

'What makes you vulnerable, makes you beautiful.'

But the people who trust the Lord will become strong again. They will be able to rise up as an eagle in the sky. **They will run without needing rest. They will walk without becoming tired.**

Isaiah 40:31 (ICB)

The 'Lockdown' period has been incredibly challenging for school leaders and their staff. We need to take time to recognise this and support each other. One way of doing this is to create a school culture where all have the courage to be vulnerable with each other by feeling safe to be real, honest, confident to take risks, discuss mistakes, challenge without the fear of being ridiculed or rejected.

Encourage spending time having lunch or a cup of tea together, if that's possible. Facilitate conversations of "how are you, really?" If a session hasn't gone well for whatever reason, share it. It builds communities when staff are able to share and be vulnerable together.

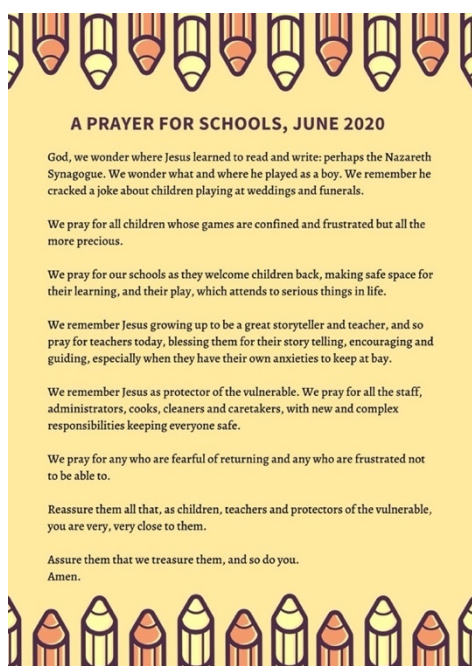
## Our families & Our community

Managing the anxiety of those in our communities

*'Anxiety does not empty tomorrow of its sorrows, but empties today of its strength.'*

*Charles Spurgeon.*

- How can we extend our culture of courageous vulnerability to our school community?
- Can we provide spaces for tough, loving conversations that help to address the issues rather than appease them?
- The anxiety these parents are demonstrating is usually linked to their past experiences. So, how as a school can we support parents through this?
- How could we listen more and ask 'What does support from us as a school look like?'
- It takes courage and trust in you for a parent to share their vulnerability with you. To strengthen this connection there needs to be mutual vulnerability. That doesn't mean you as the school leader over shares or pours your heart out, but showing empathy builds trust and deeper connection.
- How might having compassionate conversations diffuse an angry or hostile situation?
- Tell me about how you are feeling 'I get it' or 'that must have been really hard for' or 'I'm sorry for how you have been treated, or for how you feel'?
- I wonder how you support each other when dealing with anxious parents?

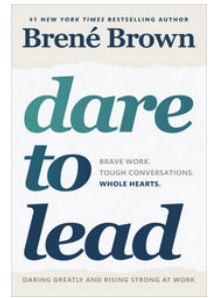


## GOING DEEPER/FURTHER RESOURCES

**Read:** 'Dare to Lead' by Brené Brown

**Explore:** [www.daretolead.brenebrown.com](http://www.daretolead.brenebrown.com) – There are lots of practical resources and advice to deepen your understanding of being a courageous leader, who creates a culture of vulnerability, trust, innovation and creativity.

**Watch:** <https://www.youtube.com/watch?v=DVD8YRgA-ck> This ½ hour talk by Brené is inspirational and explains how we can create a culture of trust and vulnerability in our classrooms.



[www.brenebrown.com/daringclassrooms](http://www.brenebrown.com/daringclassrooms) - Brené Brown has tailored her work on leadership to an education context.

**Read:** How Monsters Wish to Feel by Juliette Ttofa. A book about emotional resilience.

God will use this for Good by Max Lucado

Things to pray in a Global Crisis by Rachel Jones



Weekly Resources for Collective Worship, Spiritual  
Development and Pastoral Care

**PHASE: PRIMARY**

**WEEK 10 THEME:**

**COMPASSION**







### KEY CONCEPT/MESSAGE:

Christians believe the Bible teaches that God is a God of compassion. God feels the suffering of people. God's compassion is expressed in his mercy, his kindness, patience, grace, forgiveness and love'. Many Christians believe they are called to be a compassionate people. This compassion encompasses both a gut level feeling of sympathy and conviction as well as positive action taken on our part to relieve the suffering we observe.

*"Compassion is an action word with no boundaries" Prince*

### BIBLE STORY OF THE WEEK:

The Feeding of the 5000: Read John 6 5-13

This story is found in all four gospels and the version in Matthew starts:

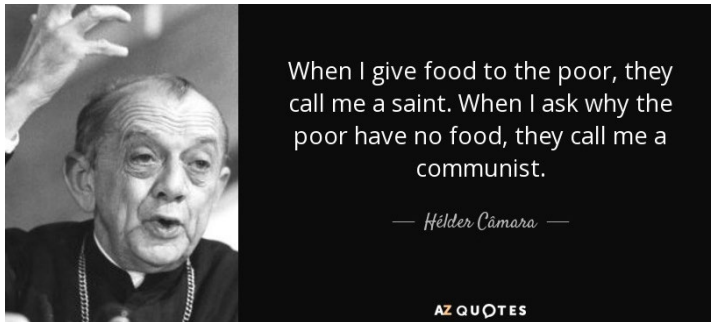
*'When Jesus landed and saw a large crowd, he had compassion on them and healed their sick' Matthew 14 v 14*





## TO CONSIDER AS YOU PREPARE

**KEY QUOTE OF THE WEEK:** “Compassion is an action word with no boundaries” Prince



The Hebrew word for compassion is taken from the root word *rechem*, which means ‘womb’ and a similar word in Greek *splagchnizomai* (the inward parts, i.e. guts!). When Jesus was ‘moved with compassion’, it speaks of this kind of gut-wrenching feeling, a feeling that demands an active response. Compassion is about suffering (the meaning of ‘passion’) *with* others – when others feel pain, we come alongside them. We feel their pain and do what we can together to alleviate it. Compassion means you **want** to help – and you **do** help.

**LISTEN:** Compassion shouldn’t be patronising, it not about making ourselves feel good by helping other people. We must be start by recognising that we are all fail and make mistakes we are all in need and that we all need compassion. [https://www.youtube.com/watch?v=Qt4\\_fxU94xA](https://www.youtube.com/watch?v=Qt4_fxU94xA) **Mighty to Save (Everyone needs Compassion)**

<https://www.youtube.com/watch?v=PKyWRsH5gcl> We must Go (worship song)

[https://www.youtube.com/watch?v=AylQ2c3Ep\\_A](https://www.youtube.com/watch?v=AylQ2c3Ep_A) God of Justice (worship song)

<https://www.youtube.com/watch?v=mgLwH5RdtPk> I the Lord of Sea and Sky – “Here I am, Lord... I will go, Lord, I will hold your people in my heart” (hymn)

**WATCH: Feeding the 5000 today** <https://www.youtube.com/watch?v=Szt57hl82ps> This video of a food bank in action is one example of how feeding the hungry has become even more necessary during the COVID19 pandemic.

### THINK:

*‘One day, we will make it out of this crisis. But what sort of world do we want there to be on the other side? Can we repent of the world we have created, and instead look to build one without such a huge gap between rich and poor – a world where we live in harmony with creation, in which we understand that the well-being of one is bound up with the well-being of all?’ Ruth Valerio*

**PRAY:** <https://www.youtube.com/watch?v=QfTaiKBzhv8>

### A prayer from John Birch

Heavenly Father,  
Bless the hands that bring wholeness to lives blighted by sickness.  
Bless the saints who in sad and desperate places bring a sense of hopefulness.  
Bless the Christians facing daily opposition showing a faithful witness.  
Bless the generosity of the rich and powerful for the gift of thoughtfulness  
Bless the peacemakers working in conditions that are often hazardous.  
Bless the politicians whether good or bad for decisions affecting all of us.  
Bless our words and actions as we carry your light into places shrouded in darkness.  
Bless your children whoever they might be with the warmth of your love and grace.

© John Birch

## I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring*

### GATHER:

Find a place where you can be still, without interruptions. You might like to light a candle as you begin.

I wonder what you think of when you hear the word **compassion**.

I wonder who you think of when see others in trouble and distress? Do you feel sorry for them? Does it sometimes make you angry that others are suffering?

I wonder if you can think of a time in your life when you helped others? Or you stood up for others who were suffering?

### ENGAGE:



Watch this short video of Manchester Utd. player Marcus Rashford talking about his own experience of childhood poverty. [https://www.youtube.com/watch?v=lr-lxlrTbWU&feature=emb\\_logo](https://www.youtube.com/watch?v=lr-lxlrTbWU&feature=emb_logo)

He knew what it was like to be hungry and wanted to do something to prevent this happening to other children. His actions led to a government turnaround on free school meals for children over the summer holidays.

In pairs, talk about how he showed **compassion** in action.

We are going to use the story that appears in all four of the gospels this week - The Feeding of the 5000. In this story Jesus feels compassion for the people and shows how even a small boy can be the key to meeting needs of others.

**Here are some retellings of the story of the Feeding of the 5000. Which do you like best!**

<https://www.youtube.com/watch?v=UyXP-kQfooU> this is a filmed reconstruction of the story

<https://www.youtube.com/watch?v=CCA4oivfSYk> this is a cartoon version based on the Beginners Bible

<https://www.youtube.com/watch?v=dfTBwsPy05g&feature=youtu.be> This storytelling version is by Rob James The Cannon of Wells Cathedral

If you'd like an interactive version, then you can find a version here: <https://engageworship.org/ideas/feast-for-5000-responsive-reading>

There is also a version of the story using beautiful photographs from Freebibleimages:  
<http://freebibleimages.org/photos/jesus-5000/>

**REFLECT:**



**This image is a modern take on the Feeding of the 5000** painted by artist Eularia Clarke (from the [Methodist Modern Art collection](#)), with fish and chips!

In the section before the story of the Feeding of the 5000, the Bible says that Jesus 'had compassion' on the crowd – and had been healing those who were sick.

Looking at the crowd, the disciples saw that they would be getting hungry and went to Jesus to find out what he wanted them to do.

In the version in Matthew's Gospel, Jesus spoke probably some of the most challenging words that the disciples had ever heard:

**'You find them something to eat'!**

Imagine you are there in the crowd... one of the 5000+ men, women and children.

Imagine your reaction as you hear Jesus speak those words... It seems impossible.

But Andrew had a different approach: 'Here is a boy with 5 loaves and 2 fishes' (verse 9)... A child's packed lunch!

It's a start. Rather than moan about what they haven't got, Andrew's attitude is 'What have we got? Where can we start from?' This is an attitude Christians believe that Jesus can use to perform miracles.

So, what have **we** got? What can we offer in compassionate response the people's needs?

**Display the image of the five loaves and two fish (courtesy of freebibleimages.com)**

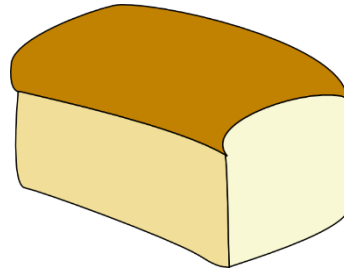
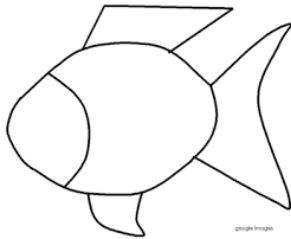


Today the problems of the world can seem just too big...poverty, starvation, pandemics, refugees, climate change ... What difference can we make?

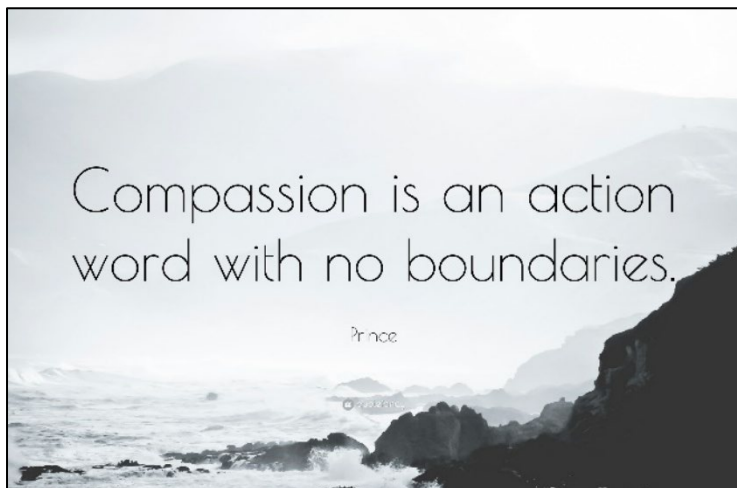
Many Christians believe that we can bring our 'loaves' and 'fishes' to Jesus and he can perform miracles.

What 'loaves' and 'fishes' have you got to bring? You might think it's not enough, but we all know what Jesus did with the little boy's lunch!

Print and cut out the pictures of the loaf and fish below. Think about what you can do to show compassion to others: Write down what you could do on the loaves and fishes. Keep those in a book, wallet or purse you look at regularly as a reminder.



## SEND OUT:



Display the image on your screen and draw children's attention to the word 'action'.

What **actions** might demonstrate compassion to others today.... Tomorrow.... This week?

Go out from this place with **compassion** in your heart, and the desire to **act** it out.

Blow out your candle as a sign that your time of worship has finished.

## 2. SPIRITUAL DEVELOPMENT

*(practical ways to help us explore faith and develop spiritually at home together)*

### **EXPERIENCES that can help us ENCOUNTER:**

Use the **EXAMEN** prayer to reflect on compassion. It has 5 steps, so you might like to count them on your fingers.

1. GIVE THANKS for something that was good for you today
2. ASK FOR HELP with someone who is struggling at the moment
3. REFLECT on your day and think about the things that you were able to do to help those in need 😊 and the things that you could have done but didn't 😞
4. SAY SORRY for the times you have lacked compassion and not helped someone when you could have
5. DECIDE how you will keep helping others tomorrow - something we can all do is to start by finding out why they are suffering.

### **ACTIVITIES that can help develop PRACTICES-HABITS:**

**Use the reflective reading**, with props, 'When I was...' using the words of Jesus in Matthew 25. (the script, and a video, can be found in the extra materials supporting the #faithathome resources)

When asked: think about the things that Jesus said – and how compassion is at the heart of what Jesus taught about belonging to God's kingdom.

What examples do you think Jesus might use if he was speaking these words today? Have a go at writing and performing your own reflective reading, using objects of your choosing to match your version.

The video with wondering questions can be found here:

[www.youtube.com/watch?v=r7CaLypwQgo&feature=youtu.be](https://www.youtube.com/watch?v=r7CaLypwQgo&feature=youtu.be)

### **CONVERSATIONS STARTERS that can help develop RELATIONSHIPS-COMMUNITY:**

#### **Support your local food bank:**

**Watch** [https://www.youtube.com/watch?v=thIN4TK\\_Mxk](https://www.youtube.com/watch?v=thIN4TK_Mxk) (Liam Payne donates to foodbanks)

You might not be able to give loaves and fish (unless it's canned tuna!) to a food bank, but there is much that you can do to support their vital work. Add something that the food bank needs to your shopping list each week. As you drop it into the box at your local centre or supermarket, **pray** that God will meet people's needs through your donation. Is this a modern-day opportunity to feed the 5000?! Remember that it may not be a large donation, but the boy's packed lunch wasn't much either!

What does your local foodbank need most at the moment?

#### **Read**

<https://www.trusselltrust.org/2020/03/27/liam-payne-helps-provide-360000-meals-people-struggling-result-coronavirus-outbreak/>



### 3. PASTORAL CARE - *ideas for looking after...*

#### **Ourselves & Our staff**

**Self-compassion.** If you take some time to stop and reflect on the thoughts in your head, are they more positive or critical? Once you have identified any negative thought, you can begin to introduce more positive thoughts and 'turn the volume down' on the critical voices.

This is from the Anna Freud Centre's materials Supporting Staff Wellbeing in schools.

<https://www.annafreud.org/media/7653/3rdanna-freud-booklet-staff-wellbeing-web-pdf-21-june.pdf>

**Staff Prayer Stations** One school has some simple prayer stations in their PPA area. These give staff an opportunity to pray or reflect for people and situations that are on their hearts and minds.

#### **Our families & Our community**

"Love your neighbour as yourself" is like a piece of knitting, each stitch supporting those around. If I love you as myself, and you love me as yourself and we love them as ourselves, we all end up supported. Jesus said that this was how people would tell his true followers, that we love one another. (John 13:35)

Like the knitting, though, if you drop stitches, the holes begin to show in community and those can get bigger and bigger.

**Read:** Brian Bilson's Poem '**Refugees**' Make sure you read it twice, the second time from bottom to top!

<https://nationalpoetryday.co.uk/poem/refugees/>

**'It's a no money day'** by Kate Milner

**Stepping Stones:** A refugee Family's Journey by Margriet Ruurs, Nizar Ali Badr & Falah Raheem

This page gives details about the book and includes a fascinating video by the author.

<https://www.cbc.ca/books/stepping-stones-a-refugee-family-s-journey-1.4214673>

### GOING DEEPER/FURTHER RESOURCES

There are lots of ways in which you can show compassion and help feed others. Check out the resources on the Christian Aid website for primary pupils.

<https://www.christianaid.org.uk/schools/primary-teaching-resources>

Compassion is not just about helping it's about challenging the situations and policies that cause people to suffer. You need to find out why people are living in poverty, why climate change is such a threat to the poorest and then you need to do what you can to change things as individuals and groups. Many schools are doing this. Check out the global neighbours' scheme here:

<https://www.christianaid.org.uk/schools/global-neighbours-accreditation-scheme>

**Refugee Rucksacks Prayer activity:** This activity encourages pupils to think about refugees who are leaving their homes and countries with little more than the rucksacks on their backs. It encourages the pupils to think about themselves, to reflect on their own homes and possessions and opportunities, and to imagine what it would feel like to lose almost everything.

<https://www.prayerspacesinschools.com/resources/78>

**Lifeboat Prayer Activity** This activity encourages pupils to think about refugees who are leaving their homes and precious possessions behind in order to escape danger. It encourages them to think about themselves, to reflect on their own homes and possessions and opportunities, and to imagine what it would feel like to lose almost everything.

<https://www.prayerspacesinschools.com/resources/77>

**Cardboard Home:** This activity encourages pupils to think about street children that are of a similar age to themselves and to think about how it would feel if they did not have a home, but rather just a cardboard box to live in.

<https://www.prayerspacesinschools.com/resources/11>

**Creativity and Compassion: Michael Faraday.**

<https://www.barnabasinschools.org.uk/idea/creativity-and-compassion-michael-faraday>







Weekly Resources for Collective Worship, Spiritual  
Development and Pastoral Care

**PHASE: PRIMARY**

**WEEK 11 THEME:  
FLOURISHING**





### KEY CONCEPT/MESSAGE:

**Flourishing as humans is something we all aim for. It can look different, depending on our beliefs and circumstances. Christians believe that Jesus offers 'life in all its fullness' which isn't a life without trouble, but a life lived with Him. A flourishing life is diverse, connected and outward-looking.**

**WE FLOURISH WHEN WE CELEBRATE & GIVE TO OTHERS**

*'Flourishing is not a solo endeavour'*

### BIBLE VERSE OF THE WEEK:

**'I have come that they may have life and have it to the full.'  
(John 10:10)**



## TO CONSIDER AS YOU PREPARE

### KEY QUOTE OF THE WEEK:

*'Flourishing is not a solo endeavour'* (Professor Barbara Fredrickson)

### LISTEN:

A hymn about encouraging each other – Brother, Sister Let me Serve You:

[https://www.youtube.com/watch?v=G\\_ufwqwquqY](https://www.youtube.com/watch?v=G_ufwqwquqY)

A worship song about how God gives His people life – Great are You Lord (All Sons & Daughters):

<https://www.youtube.com/watch?v=uHz0w-HG4iU>

A worship song which helps to reflect on Jesus as the Good Shepherd (the context of John 10:10) – Good and Loved (Travis Greene and Steffany Gretzinger) : <https://www.youtube.com/watch?v=DefL-oJpjo8>

A fun, upbeat song which encourages us to flourish ourselves so we can work together for the flourishing of all – Together (Sia): [https://www.youtube.com/watch?v=vnfGni4\\_RII](https://www.youtube.com/watch?v=vnfGni4_RII)

### WATCH:

This video from Bath and Wells' diocese shares some ideas about what 'life in all its fullness' might be. It could be a useful stimulus for using in the classroom to explore this idea in more detail:

<https://www.youtube.com/watch?v=rH2jyYG2isE>

This short video explains the Greek philosopher Aristotle's ideas about human flourishing, which many of us share today: [https://www.youtube.com/watch?v=j\\_7deR0idvs](https://www.youtube.com/watch?v=j_7deR0idvs)

### READ:

This issue of Called, Connected, Committed on Enabling Flourishing: <https://www.cefel.org.uk/flourishing/>

### THINK:



What is 'fullness'?

What does it mean to be 'full'?

When do you feel like your cup is full to overflowing?

How can you help others to be full too?



Are these footballers flourishing? Is their cup full?

What difference does it make that they are together?

When your life is flourishing, who do you like to share that with?

How does working as a team help us to flourish?

## PRAY:

*taken from PSALM 23 LITURGY FROM 24/7 PRAYER*

**The LORD is my shepherd.** You feed me, guide me, shield me, provide for me

**I shall not be in want.** I will not worry about tomorrow. In You I lack no good thing.

**He makes me lie down in green pastures.** You know when I need to rest, you make sure I consistently do. I am continually fresh and flourishing when I let You satisfy my desires.

**He leads me beside quiet waters.** You still me. You give me clean, pure water to drink.

**He restores my soul.** You cause breath to enter my lungs again. You bring times of refreshing to my entire being.

**He guides me in paths of righteousness.** You always remind me that grace defines my life. My head is lifted, my heart is secure. You resurrect me again.

**For His name's sake.** My heart is set on eternity. My focus is You.

**Even though I walk through the valley of the shadow of death.** Darkness covers the earth, but it pales in Your even greater light. You give and You take away; You are always good.

**I will fear no evil, for you are with me.** You are my stronghold. My fellowship. A friend that stays closer than a brother.

**Your rod and your staff, they comfort me.** In You is everything I need. Counsellor. Comforter. Companion.

**You prepare a table before me in the presence of my enemies.** When I least expect it, You celebrate me. When all my strength is all but gone, You love me with extravagance.

**You anoint my head with oil.** You are blessing me, pouring healing joy upon me.

**My cup overflows.** I can't contain the Spirit You give without measure. The most natural response is to share this love.

**Surely goodness and love will follow me.** You pursue me with passionate grace. Relentless delight. You honour me, even when I dishonour myself.

**All the days of my life.** I will live my life and this divine exchange with Heaven will continue throughout.

**And I will dwell in the house of the LORD forever.** My home is Your dwelling place.

Forever and ever. Amen.

# I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

## GATHER:

Welcome, today we invite you to join together in worship.  
We will be thinking about how we can flourish and grow to be the best that we can be.

As this is a special time of worship, we are going to light a candle.  
For Christians this represents Jesus, Light of the World, who perseveres to overcome darkness and helps us bring light into the world.

## ENGAGE:

**Consider:** How can we be the best that we can be?



Think about these footballers. Are they being the best they can be?

Would you say that they are *flourishing*?

Did they achieve this by themselves, or together?

Do you think they always feel like this when they play football?

I wonder why they are gathering together to celebrate. When things go well for you, who do you like to celebrate with?

The Bible tells us that Jesus says that He has come that we might have life and life in all its fullness.

You can read that here: [John 10](#)

Christians believe that God wants each person to flourish, so promises to help and guide them, just like the shepherd cares for the sheep.

I wonder how this makes you feel. I wonder what might help and guide you in life.

One of the ways people can flourish is to support, help and encourage others.

Today we are going to be thinking about what it might mean for us to have **life in all its fullness**. But before we think more about that have a look at the following video: <https://youtu.be/zy2UvKKmCeM>



The experiment only works when there are a number of Mentos\* working together to produce the desired effect. It does not work when there is just one. The Bible reminds people again and again that human beings are meant to be together, to work together, to be together in community.

\* Other brands of mints are available!

Today we are going to hear one of those passages from the Bible:

*You are better off to have a friend than to be all alone, because then you will get more enjoyment out of what you earn. If you fall, your friend can help you up. But if you fall without having a friend nearby, you are really in trouble.... As the saying goes, "A rope made from three strands of cord is hard to break." Ecclesiastes Chapter 4*

What do you think this passage is saying about celebrating things going well?

Why does it say that it's important to have friends or family around when we fall down (or have another problem)?

What do you think 'a rope made from three strands of cord is hard to break' means?

Think about your own friendships – do you prefer to be in smaller groups, perhaps with just one other person, or in larger groups? Why might you need more than just one other person?

This Bible passage is saying that people can do so much more when they work together – people can flourish when they encourage, support and help each other. They are stronger together.

**We flourish when we celebrate and give to others.**

## REFLECT:

Perhaps you can take a little minute to think...

Who helps you be the best you can be?

Who encourages you when you are struggling?

Who do you help and support?

What kind of things can you do which will help someone else flourish today?

Perhaps you might like to draw a picture of someone you know who needs someone to care for them or encourage them. Maybe they are sad or nervous or tired. Perhaps they don't find it easy to make friends. After you have finished, fold up the paper and put it in your pocket. Every time you put your hand in your pocket perhaps you can think of one way that you might help them flourish by encouraging them or making them smile or comforting them.

We are going to say a short prayer. If you would like to join in, you can say Amen at the end.

Dear God,

Thank you that you want us to have life in all its fullness.

Help us to work together to enable one another to flourish and to become the best that we can be.

Amen



## SEND OUT:

**I wonder who you can help flourish this week.**

Who can you think of who needs to be celebrated, lifted up and encouraged?

Who needs your comfort this week?

Perhaps you don't feel like you are flourishing at the moment. Who could you ask for help?

Take a moment to think about how you will approach the week ahead.

It's now time to blow out your candle to show that the worship time has ended.

## 2. SPIRITUAL DEVELOPMENT

*(practical ways to help us explore faith and develop spiritually at home together)*

**EXPERIENCES** that can help us **ENCOUNTER:**

**Smile!** It is quite easy for us to understand how plants flourish when we look after them. We can also help people flourish when we look after one another. Watch out for people you care about and be ready to help them if they look like they need it. Think about who smiles down on you and say thank you to them.



Christians believe that God is always ready to look after people and He is there to help them flourish.

This little video clip might help you to remember to see how much power is in a smile:

<https://www.youtube.com/watch?v=jCwGOrkSRv8>

Use the **EXAMEN** prayer to reflect on flourishing. It has 5 steps, so you might like to count them on your fingers.

1. GIVE THANKS for the moments that filled your cup today
2. ASK FOR HELP for the situations and people in your life that are not flourishing
3. REFLECT on your day and think about the times you felt you were flourishing 😊 and the times when you didn't, when your cup started to empty ☹️
4. SAY SORRY for the times you have stopped someone else from flourishing
5. DECIDE how you will help others flourish tomorrow – how can you fill their cups?

**ACTIVITIES** that can develop **PRACTICES-HABITS:**

What about writing a thank you card for someone who has helped you recently? It will probably help them to feel good – to flourish - and you may feel all warm and sunny inside too.

Make a resolution to smile at people and say kind things as often as you can. Do you notice what difference it makes to you and the people around you? Record in your JOURNAL a time you smiled and were kind to someone; how did it make them feel? How did it make you feel?



## CONVERSATIONS STARTERS that can help develop RELATIONSHIPS-COMMUNITY:

What helps you to flourish? Is it the same for you as it is for your family and friends? Why don't you ask them and find out what helps them to flourish?

Try asking someone to join you in an activity. How does it feel to do it together?

Think about people in your community, or around the world, who are not really flourishing right now. How could you help fill their cups?

Is this something you could do with others? Who could help you make your idea a reality?

## 3. PASTORAL CARE - *ideas for looking after...*

### Ourselfs & Our staff

Self-care is absolutely vital right now. You cannot help others flourish if you are not flourishing yourself.

This blog from Integrity Coaching gives some encouragement and practical ideas about how to do this:

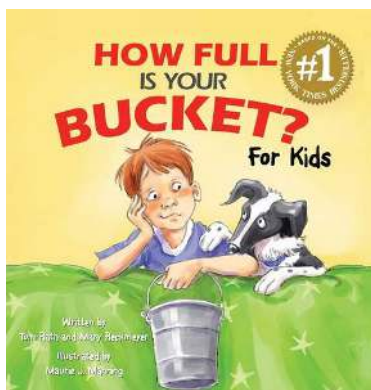
<https://www.integritycoaching.co.uk/blog/better-self-care>

Do you know what enables your staff to flourish? For different people, it will be different things. How might you find out?

Could you set up a buddy system where staff pay attention to their buddy's flourishing and help them when their flourishing is dented or drained?

### Our families & Our community

**Read:** 'How full is your bucket?' or watch a video reading here: [https://www.youtube.com/watch?v=A5R6-2m\\_qHk](https://www.youtube.com/watch?v=A5R6-2m_qHk)



Talk about what fills our own emotional buckets, and what drains them. Christians believe that God wants us to have 'life in all its fullness' – a full bucket – but this takes work and collaboration.

Encourage children and families to talk about what fills their buckets, and how they might go about asking for what they need.

## GOING DEEPER/FURTHER RESOURCES

**Watch: Inside Out** It's important to realise flourishing doesn't simply = happiness. We need the whole range of emotions for a full life. This film explores this idea really powerfully.

<https://youtu.be/seMwpP0yeu4>

**Explore:** It is vital that our personal flourishing goes hand in hand with the flourishing of our planet. Check out Church of England resources for thinking about caring for creation [here](#).

Learn more about #iwill and how they are tackling climate change [here](#).

**Learn:** more about the theology of Flourishing from [Miroslav Volf](#):

*Flourishing* is the title of this book. It stands for the life that is lived well, the life that goes well, and the life that feels good—all three together, inextricably intertwined. I use the term interchangeably with “the good life” and “life worth living.” It evokes an image of a living thing, thriving in its proper environment: a tree “planted by streams of water, which yields its fruit in its season” and whose leaves “do not wither” (Psalms 1:3), a sheep lying “down in green pastures” and walking “beside still waters” (Psalms 23:2), an “eagle, with great wings and long pinions, rich in plumage of many colors” (Ezekiel 17:3). Though these images may strike some as too pastoral for fast-track modern lives, most readily embrace the idea they represent: the good life consists not merely in succeeding in one or another endeavor we undertake, whether small or large, but in living into our human and personal fullness—that, in a word, is a flourishing life.

*Flourishing: why we need religion in a globalized world (2015)*

### A Prayer for Flourishing

Lord Jesus,  
Our friend, our brother, our saviour,  
Renew our friendships,  
Recharge our lives,  
Revitalize our hearts,  
Restore our hopes,  
Refresh our spirits,  
Return our whole beings to you that we may  
grow and flourish in every way.  
In your precious name,  
Amen



# COLLECTIVE WORSHIP – OUR APPROACH

## INVITATIONAL

Everyone is welcome to take part in collective worship, as much or as little as they or their parents and carers are comfortable with. This means we use invitational language and consider carefully our choice of words and songs. Children are invited to pray but are not compelled or expected to do so; they always have a choice. We invite them to pray or reflect in whatever way they would usually as a family, if that is part of their home experience.

## INCLUSIVE

Acts of worship need to be inclusive of all. Therefore, we choose topics and ideas that are shared by different faiths and worldviews. When we present Christian teaching, we make it clear that this is 'what Christians believe', saying things like:

'I wonder why this story might be important to Christians?'

'The story today comes from the Bible (the holy book of Christians), which teaches that ...'

Our worship should be accessible for children and young people with a range of different backgrounds, and so we take care that activities do not require expensive resources. We also offer a variety of activities, so that children and young people with differing needs can all find something they can engage with.

## INSPIRING

We aim for our acts of worship to inspire those engaging with them. How might it engage their emotions, enabling a sense of peace, comfort, hope or motivation? How might it inspire them into action, into thinking differently and considering their behaviour or actions? How might it inspire them to reflect on their faith or beliefs, and on the faith or beliefs of others?



Weekly Resources for Schools

**PHASE: PRIMARY**

# **FESTIVALS THEME: HARVEST**





## KEY CONCEPT/MESSAGE:

***Harvest is a time for celebrating abundance, giving thanks for all the good gifts we have received. Yet we know that many people do not have enough. In the Bible, God frequently reminds His people of the importance of taking care of those who are in need. The story of Ruth and Boaz is an example from the Old Testament where they both put other people first. How can we also look to the needs of others?***

*‘When we give generously, with an abundance mentality, what we give away will multiply.’*

*Henri Nouwen*

## BIBLE STORY OF THE WEEK:

### The Story of Ruth and Boaz

“GOD bless whoever it was who took such good care of you!” Ruth 2:19 (The Message Bible)





## Gathering

Close your eyes and think about your favourite food.

Think about the people who cooked that food for you....and give thanks for them.

Think about the ingredients that are needed to make that food....do you know where they are grown or come from?

Think about how that food got to you...give thanks for all those who were involved...the farmer...the delivery driver...the shop or supermarket workers.

Today we are going to think about the harvest we share and how we care for those whose harvest is not so good.

## Engagement

Here is a story from the Bible about two poor widows: Naomi and Ruth. It shows us something about how those of us with plenty should help those in need. Beware it has a happy ending and a footwear theme!

### [Sealed with a Sandal](#)

In this story Ruth takes advantage of the Law of Gleaning which was a form of welfare. If you owned a field, your reapers (the people who worked for you gathering the crop) could go through the field once, and only once. Whatever they missed had to be left for widows, orphans and the poor – for those in need.

People believed that the existence of the Law of Gleaning was proof that God cared for the poor and expected those who had enough to share.



The Law of Gleaning decreed that landowners were not to harvest the full extent of their fields, but were to leave produce in the hard-to-reach areas for the poor and foreigners who might be in the land.

## Response

In the story Boaz had a plentiful harvest so he was able to give some to those in need. How could you do the same today? Could you consider asking your parents or carers to add a few items into the food bank box when you next go shopping?

Ruth was not wealthy like Boaz, but she also gave something very important – she showed kindness to Naomi and stayed with her through a difficult time. How could you support someone having a hard time?

## Sending

Why not 'send' with some prayers taken from this [prayer guide](#) produced by the Trussell Trust? They can be easily adapted to suit your community.

This [Bible Mat](#) from Bath and Wells Diocese is a great way to start a conversation within families about what Harvest means to them, especially for younger children.



# SPIRITUAL DEVELOPMENT

*(practical ways to help us explore faith and develop spiritually at home together)*

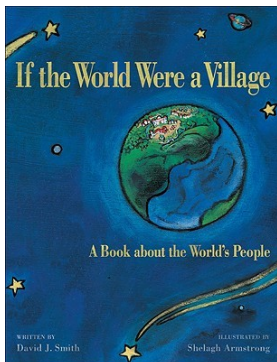
## EXPERIENCES that can help us ENCOUNTER:

Listen to the song '[Harvest for the world](#)' originally written by the Isley Brothers but many other versions are available including this version by pop band The Christians.

Reflect on the words to this song and produce an artistic response to the powerful lyrics.

Harvest Festival looks very different this year but consider holding a 'Brew and Bake' event to raise money for Christian Aid or other charity that you would normally support at Harvest Festival time. You can either do this in your bubble or virtually across the schools. There are some great ideas about how to do this [here](#).

To find out more about Christian Aid's harvest appeal why not look at Ariana's story in this [PowerPoint resource](#).



Look at the book '[If the world were a village](#)' By David J Smith and Shelagh Armstrong. As a class illustrate the pages for a display. Reflect on what it means to live in a global village.

## ACTIVITIES that can develop PRACTICES-HABITS:

Use the **EXAMEN** prayer to reflect on Harvest. It has 5 steps, so you might like to count them on your fingers.

1. GIVE THANKS for something you had to eat today that was good
2. ASK FOR HELP with your attitude toward those who are hungry
3. REFLECT on your day and think about the things you have done which have helped share what you have 😊, and the times you may have kept things to yourself too much ☹️
4. SAY SORRY for the times you may have been selfish and hoarded things for yourself.
5. DECIDE how you will be more generous, sharing what you have, tomorrow.

To discover more about using the Ignatian Examen with children, listen to this [podcast](#).

## **CONVERSATIONS which CONNECT COMMUNITIES:**

The story of Ruth and Boaz offers many wonderful insights for people today.

Firstly, Christians believe this story teaches that God often works through those who have endured tragic situations to change the lives of others. Both Ruth and her mother-in-law Naomi had lost their husbands, yet Ruth was able to make a real difference to the people she met.

**How have people you know managed difficult or sad situations? What or who has helped them?**

**Can you think of an example of someone who experienced something tragic themselves, then went on to help others?**

Second, that God will work through unlikely means. Ruth was a poor widow and a foreigner who was willing to show kindness to Naomi by accompanying her back to her hometown. Boaz was a wealthy, well-respected man in his community who was willing to welcome and provide for Ruth (a poor foreigner).

**Why do you think some people have more than others?**

**Do we need to be wealthy ourselves to help people who are poor, hungry or homeless?**

Third, some Christians see this story as an example of God's sovereign power – that we can trust him, even when we do not understand the situation.

**Have you ever been in a situation which was confusing or difficult to understand? Who could you trust to help you?**

Ruth eventually ended up becoming part of the family line of both King David and Jesus. Although a big part of her story was very sad, she also had a lot to be thankful for. Harvest is a time both of giving thanks and thinking of others.

**What do you have to be thankful for? How can you share what you have with others?**

You can explore more of the story of Ruth through the [Giants of Faith resources](#) from Big Start Assemblies.

### INVITATIONAL

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Acts of worship need to be inclusive of all. Therefore, we choose topics and ideas that are shared by different faiths and worldviews. When we present Christian teaching, we make it clear that this is 'what Christians believe', saying things like:

'I wonder why this story might be important to Christians?'

'The story today comes from the Bible (the holy book of Christians), which teaches that ...'

Our worship should be accessible for children and young people with a range of different backgrounds, and so we take care that activities do not require expensive resources. We also offer a variety of activities, so that children and young people with differing needs can all find something they can engage with.

### INSPIRING

We aim for our acts of worship to inspire those engaging with them. How might it engage their emotions, enabling a sense of peace, comfort, hope or motivation? How might it inspire them into action, into thinking differently and considering their behaviour or actions? How might it inspire them to reflect on their faith or beliefs, and on the faith or beliefs of others?