

faith at home

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

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_Rll

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

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...

Ourselves & 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:

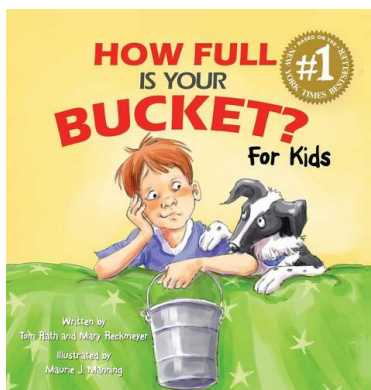
<https://www.integritycoaching.co.uk/blog/better-self-care>

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



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?