

Class-based Worship

Week 2 – Journeying Through Life

Idea One

Labyrinths were (and are) used by Christian monks and many others as a tool for spiritual reflection. They are walked slowly, offering a bounded space for personal reflection and spiritual pilgrimage.

Follow the normal gathering routines for class-based worship.

Print per pupil a 'mini-labyrinth' from the internet (see attachment 'mini-labyrinth'). Invite pupils to very slowly follow the route of the labyrinth with their finger. When they reach turns, invite pupils to pause and consider a question linked to their life journeys (e.g. people who are important to them, people who rely on them, what have been significant milestones in their life so far, what future choices are upcoming, how might God help you in your future choices). It may be that you decide these questions as a class first. A debrief on 'how it felt/what did it make you think of' may be useful following the activity.

Invite students, if they would like to, to commit their labyrinth reflections to God.

Variations

Be as creative as you like.

- Print on sugar paper to make more tactile?
- Place blue tack at 'reflection points'?
- Create your own labyrinth, using playdough (<https://educationsvoice.wordpress.com/2017/03/09/mindfulness-in-the-classroom-using-play-dough-part-2/>) or on paper (https://art.tfl.gov.uk/labyrinth/wp-content/uploads/2013/05/Worksheet_How-to-draw-a-labyrinth.pdf)
- If the weather is good, why not create a labyrinth outside, using string and tent pegs or chalk? Physical objects, questions or a script can be placed at turns as a prompt for thinking.

Idea Two

Follow the normal gathering routines for class-based worship.

Discuss and ask pupils to complete the 'rules for well-ordered life' reflective activity.

Invite students, if they would like to, to commit their reflections to God.