

Gathering

Follow the school's normal gathering routines, using words of liturgy which are familiar to students and adults

or

Light a candle and offer the following prayer: 'The grace of our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with you'. Response: *and also with you*. (To support pupil understanding of the Christian belief in God as Trinity here, why not light a single candle which has three wicks, lighting them in turn as each 'person' is acknowledged?)

Remind the school community of previous collective worships on 'Journeying through life' and Jacob's experience.

Engagement

Life is often seen as a journey (show images on PowerPoint). Life is often seen as full of choices, decisions, even temptations. At times life can seem easy, sometimes difficult. Sometimes a bit of both.

Show a number of 'Life is like...' quotes such as those on the PowerPoint:

Life is like a canvas. It begins blank and every day is another brush stroke.

Life is like a camera. Just focus on what's important. Capture that good times. Develop from the negatives. And if things don't work out, take another shot.

Life is like a coin. You can spend it anyway you wish but you only spend it once.

I wonder how often we stop to think about the journey of our life so far? I wonder how often we pause to think about our future journeys – not just a 'to do' list, but a 'to be' list.

Using the slides, explain about monks and the use of labyrinths, showing an example from Exeter Cathedral and one currently found at each London Underground station (Piccadilly Circus).

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

Whereas a maze has a different entry and exit point, a labyrinth has the entry and exit point the same. A labyrinth is used as a space to exit the world, reflect on spiritual questions, and enter the world once again.

Watch **Week 2 – Pupil video** (<https://youtu.be/L3RR-UYiT2Y>).

Response

Jacob, in the Genesis text, stopped. Jacob rested. It was in this rest where he had his vision. Here he saw the bigger picture, discovering more about life, himself and God.

- I wonder where you could set aside times to pause and reflect on your life's journey?
- I wonder what would be on your 'to do' list? Your 'to be' list?
- What goals could you set to be the kind of person you want to be? What choices could you make today, to help your lists become a reality?

Prayer

In this busy world
that we inhabit
grant us space
to rest awhile -
by the still waters
of your peace,
to hear the whisper
of your voice
and feel the warmth
of your breeze
within our souls.
Grant us space
to rest awhile.

Amen

Sending

Follow normal 'sending' routines for collective worship.