

Acts of Worship

Virtue: Reflection

Virtue statement:

'I take time to think about the beauty and goodness in myself, others and God's world.'

'I reflect to see myself as God sees me.'

Week 1 – theme – Reflection – Jesus will show us the way

Gathering together

Focal point:

Purple cloth (Lent)

Crucifix

Candle

Hand held mirror.

Begin by saying the Act of Contrition

Oh my God,

Because You are so good,

I am very sorry that I have sinned against you,

And by the help of Your Grace,

I will not sin again.

Word:

'The Lord is my light and my help' (Psalm 26:1)

Response to/reflection on the Word

Look at the candle. Be still. Watch the flame. Think about how the light stops the darkness just like the morning sunshine chases away the darkness of night. What is our main source of light in the world? Why did God give us the sun? What does sunlight give us? The sun helps things to grow. The light helps us to see in the darkness. This reading helps us to see that Jesus is like the sun. He is the light of the world? He helps us to grow and will shed light in our dark times.

How can we grow closer to God in Lent? How can Jesus help us to grow?

We can ask Jesus for help as we think about how we may have moved away from the light of His love. There are times when we turn away from this light and make the wrong choices.

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Have you told a lie? Hurt someone's feelings? Not tried your best? Been disrespectful?

Think of that person you hurt. Think of their beauty and goodness. Think of showing your goodness to make things right again. Say sorry in your heart.

Play reflective music to help the children think deeply about examining their conscience.

We need Jesus's help to illuminate the way and help to show the right path.

In the circle, pass around the mirror. Reflect on your own goodness and beauty.

Reflect on how God sees you and loves you.

Going forth

Ask the children to spend time being still. Spend moments appreciating the beauty of God's world. Spend time in deep thought, finding God's beauty, love and goodness in others.

Ideas for music:

Mark 10 Mission - Have my heart

<https://youtu.be/tjWl4iT2twg>

Acts of Worship

Virtue: Reflection

Virtue statement:

'I take time to think about the beauty and goodness in myself, others and God's world.'

'I reflect to see myself as God sees me.'

Week 2– theme – Reflection – Jesus helps us to show our goodness

Gathering together

Focal point:

Purple cloth (Lent)

Crucifix

Candle

Hand held mirror.

Begin by saying the Act of Contrition

Oh my God,

Because You are so good,

I am very sorry that I have sinned against You,

And by the help of Your Grace,

I will not sin again.

Word (2 Corinthians 13:5)

"Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realise this about yourselves that Jesus Christ is in you?"

Response to/reflection on the Word

This reading tells us that we must reflect on who we are. Last week we thought about how we sometimes make the wrong choices and say sorry to God for moving away from His love. This week we will reflect on how we need to appreciate that Jesus works through us in goodness to help us to choose the right path.

How do we know if we are 'in the faith?'

How often do we pray? When are we tested? When are we tempted? When was Jesus tested? Who tests us? If we feel our strength and patience are tested, who do we turn to? Do we pray for help from God?

Reflect on how we can talk to God and trust in him.

Play quiet reflective music

Look at the light in the candle.

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Pause. Ask the children to think about a time when they have found strength, patience and goodness when they were in a difficult situation.

Pause.

It is hard to Trust in God sometimes, but we must remember that God's love will work within and through us.

Pause.

Think of a time when you showed goodness towards someone. Imagine this goodness is the light of the Lord shining from you.

Say together:

Lord God,

Thank you for loving me.

Help me to think deeply about how your goodness is used through my words and my actions.

Amen.

Going forth

Look in the mirror. Look at the person who is loved by God. See yourself through God's eyes. He loves you. Think about the ways in which you share this love you have inside for others. All children to take a template of a small mirror to draw themselves in the detailed beauty as seen through God's eyes. The shape of their face, freckles, etc. Display on a wall as 'I reflect God's love'.

Ideas for music:

'Be still for the presence of the Lord'

'Come back to me'

Sung version of 'Our Father'

'Lord Jesus Christ, you have come to us'

'Father I have sinned' <https://www.youtube.com/watch?v=vq8JNLwX5sM>

Further resources:

'Man in the mirror' Michael Jackson

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Virtue: Reflection

Virtue statement:

'I take time to think about the beauty and goodness in myself, others and God's world.'

'I reflect to see myself as God sees me.'

Week 3 – theme – How we can become a better person and grow in God's love.

Gathering together

Focal point:

- Purple cloth
- Crucifix
- Candle

Begin by saying the Act of Contrition

Oh my God,
Because You are so good,
I am very sorry that I have sinned against you,
And by the help of Your Grace,
I will not sin again.

Word (Lamentations 3:40)

"Let us examine our ways and test them, and let us return to the Lord."

Response to/reflection on the Word

This reading tells us that we must reflect on our actions. This is hard sometimes. We sometimes follow the wrong path but we should reflect and make things right with God. When we do this we return to the Lord.

Examination of Conscience

Play reflective music and read these questions to the children.

- *Do I pay attention and listen to God's word when I am in Collective Worship and at Mass?*
- *Do I say my prayers every day and put Christ at the centre of everything I do?*
- *Have I always used kind words?*
- *Do I always use my manners and say "Please and Thank You" to people?*
- *Do I do what I am asked to do at home and at school?*

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- *Have I started fights with my brothers and sisters at home or have I shared and taken turns patiently?*
- *Have I stood up for other people?*
- *Have I controlled my temper when I have been angry?*
- *Have I forgiven people when they have hurt me?*
- *Have I said sorry for things I have done wrong?*
- *Have I played fair and followed the rules?*
- *Have I let others join in and looked out for people who are alone?*

By reflecting on and examining our actions we give ourselves the opportunity to grow in God's love. Take the time to reflect on your good choices and your bad choices. Remember, you can always return to the Lord.

Say together:

Dear Lord,

Please give me the strength and courage to reflect on what I have done and what have I have failed to do. Help me to reflect and grow in your love

Amen.

Going forth

How can you reflect and use this an opportunity for growth? All children to take a template of a leaf back to class and reflect on their Lenten promise. They will illustrate this leaf and this can make a whole school display.

Ideas for music:

- 'Be still for the presence of the Lord'
- 'Come back to me'
- Sung version of 'Our Father'
- 'Lord Jesus Christ, you have come to us'
- 'Forgiven' – Mary Mary
- 'Father I have sinned'
- <https://www.youtube.com/watch?v=vq8JNLwX5sM>
- 'Sorry seems to be the hardest word' – Elton John

Further resources:

- Pray as you go' app has information about praying the 'Examen'
- Meditation resourcess