

Prayer and Reflection

St Francis of Assisi



Resources Needed:

- Candle
- Tree trunk drawn on A3 paper, pre-cut leaf shapes for each child.

<p>Gathering Together</p>	<ul style="list-style-type: none"> • Gather the pupils together. (Optional: Sit in a circle if you plan to use the tree trunk). • Light the candle and make the sign of the cross. • Ask St Francis of Assisi to pray for us whilst we are in prayer.
<p>Meditative Prayer</p>	<ul style="list-style-type: none"> • Explain that Mary the mother of Jesus, was good at thinking with her heart (Luke 2:19). Pausing and thinking allows God into your heart. • Say the following statements aloud, pausing between each statement to give the children a little time to think: <ul style="list-style-type: none"> - I wonder how you could be like St Francis of Assisi. - I wonder what prayer you will say for Lana and her family this week - I wonder what you will do to be a Faith Hero.
<p>Action Prayer</p>	<ul style="list-style-type: none"> • Ask the pupils to start thinking about what are they <u>going to do</u> to be a Faith Hero like St Francis. • Optional: St Francis of Assisi loved nature. Place the A3 tree template so that everyone can see it. • Ask the children to take a leaf and put it on the tree as they think about or say out loud what they are going to do to be a Faith Hero.
<p>Vocal Prayer</p>	<ul style="list-style-type: none"> • You could ask the children to either say or think of some prayers. End with St Francis of Assisi, pray for us

<p>Contemplative Prayer</p>	<ul style="list-style-type: none"> • Explain to the pupils that we are going to spend a little time in silence resting in God's love. • Explain that you will say some words from the Bible and that you will repeat it a few times, and then give them some time to be silent and rest with God. You will try and see if they can rest with God for one minute. • Encourage the children to close their eyes. • Start by asking them to notice their breathing but not change it, just notice it going in and out. • Say 'God will not forget what you gave to others' (Hebrews 6:10) Repeat this passage from scripture a few times to help the children rest with God. • Allow one minute of silent time. • Explain to them that they can come back to God anytime and practice resting in God's Love.
<p>Closing Prayer</p>	<ul style="list-style-type: none"> • St Francis gave to others in need. Guide us as we follow his example, giving to others and putting our faith into action. Amen. • Make the sign of the cross