

Growing Together

Inspired by the Christian Faith



Being a channel of God's peace

Read Together

St Francis was born in Assisi, Italy in 1182. Although he came from a wealthy family, he chose to give away all his money and possessions.

Francis lived a simple life copying the way Jesus lived as much as he could. He became famous for treating everyone as a valued brother or sister and he had real respect for animals and creation.

A group of people, called Franciscans, have tried to follow his example ever since. The song 'Make me a channel of your peace' is based on the words of the 'Prayer of Saint Francis'. Although it is possible he did not write the prayer, it certainly sums up how St Francis lived his life.

Make me a channel of Your peace
Where there is hatred, let me bring Your love
Where there is injury, Your pardon Lord
And where there's doubt, true faith in You
Make me a channel of Your peace
Where there's despair in life, let me bring hope
Where there is darkness, only light
And where there's sadness, ever joy
Oh Master, grant that I may never seek
So much to be consoled as to console
To be understood as to understand
To be loved as to love with all my soul
Make me a channel of Your peace
It is pardoning that we are pardoned
In giving to all men that we receive
And in dying that we're born to eternal life



Prayer Spaces



A channel helps things get from one place to another. If you are able, go outside and make a channel out of old piping or recycled materials. Make sure one end is higher and then try using this as a shoot for cars or even water! What makes a good channel?

Think again about the song. How good are you at being a channel for God's peace?

As you watch the water or toys move down the channel you have made, ask God to help His peace run through you to the people around you.



If you can't go outside, try doing this on a small scale inside using a bowl and straws, or by using a marble run, car track, or even recycled cardboard tubes.

Courageous Advocacy



At the moment, because of the coronavirus, we might sometimes feel anxious about what will happen. Look carefully at the words of the song how do they make you feel? Can you think of anyone who would appreciate you sending them a card or picture showing peace, love, faith, joy, light or hope?

Family Fun



Can you work together to play and/or sing the song 'Make me a Channel of your peace?' Or do a YouTube search of different versions of the song. How many can you find? Which do you like best and why? Here is one to get you started.

<https://www.youtube.com/watch?v=ihhvm6eLWZI>



Under 5s



Worry Monsters

Write or draw your worries and pop them into the worry monsters mouth so they can swallow them up.

If you don't have a worry monster with a zip mouth you could always give a zipped bag or purse to a cuddly toy and place them in there. Ask an adult to help you.



Create and Make



Make a pairs game using opposites. Write the following words on separate pieces of identical card, then turn them over and try and find the pairs by remembering where the cards were placed.

Examples of pairs: light/dark, peace/fear, love/hate, faith/doubt, hope/despair, joy/sadness, sun/rain, giving/receiving, hot/cold, cat/dog, day/night, high/low, sun/moon, child/adult, big/small, etc.

Did You Know?



Jesus said, "Peace I leave you. My peace I give you – I do not give as the world gives. Do not let your hearts be troubled and do not be afraid." John 14: 27 Jesus isn't saying it's wrong to be afraid sometimes, but reminds us that he is with us all the time whatever is happening, so our fear doesn't have to eat us up.

The word 'peace' or 'shalom' is used in many cultures as 'hello'. It doesn't just mean 'quiet' but is offering a sense of wholeness, completeness, soundness, health and safety too. Why not try greeting people at home and online with 'shalom' instead of hello and be ready to explain what it means.

