



**R H Y T H M**

OF LIFE

for primary schools

**In this season of  
Pentecost, we choose to  
grow in Jesus' name.**

**Amen**

## **Would you rather...**

Climb a mountain or swim in the sea?

Be in a big group of friends or be with just one friend?

Go to a party or read a book?

Learn a new game or play an old one?

**We are all different! WE grow and learn in different ways.**



When was the  
last time you  
stepped out of  
your comfort  
zone?

Stepping into  
something new  
or different can  
help us to grow  
and change.



Malala loved going to school and learning. She believed everyone deserved a really good education - but where she lived in Pakistan, the government did not think that girls needed to go to school.

One day, on the way to school, she was seriously injured by people who wanted to stop her from learning.

After she recovered, she decided to continue to work hard to make sure girls could go to school and learn in safety.

She stepped up, even though she must have been a little bit frightened!

Malala was brave and stepped up and out of her usual routine, her comfort zone. Malala grew courageous and strong, despite the danger!

We are going to hear a story from the Bible about Peter who stepped out of his comfort zone.

This helped him to grow in a new way. It helped him to grow in his relationship with Jesus.

**Read Matthew 14:22-32 or watch it here.**

Peter and the other disciples were afraid when the storm blew up. But Jesus tried to reassure them by saying, 'It is I!'

Did you notice that Jesus was **gentle** with Peter when he doubted and started to sink?

Sometimes we doubt that we are good enough or clever enough. This doubt and fear can stop us from growing!

Remember the yeast: a tiny step forward is all we need to make a difference!

## **Let's think**

Where do you need more confidence to grow?

Who do you know who is gentle and kind and will help and encourage you to grow?

## **Let's pray**

Lord Jesus

We pray that our school will be a place where everyone can grow and flourish.

Please help us to welcome change as we follow you. Teach us to be gentle as we wait for your Kingdom to come. **Amen**

**Let's Sing**

Try and Try Again





**RHYTHM**

OF LIFE

for primary schools