



RHYTHM OF LIFE

for primary schools

Pupil Journal

NAME:

DIOCESE OF BRISTOL



What is a Rhythm of Life?

Christians believe that they should live their lives following the example of Jesus – becoming more like him in what they do, say, think and feel. Remembering that they are in the presence of God wherever they are or whatever they are doing, Christians believe that they can become kinder, more honest, trustworthy and generous people as they allow God, the example of Jesus and the Holy Spirit to guide them in their attitudes and behaviours every day.

In the Diocese of Bristol, we encourage everyone to explore what it means to grow and flourish, be it at school, in church or at home and find Rhythms of Life that enable growth. We can choose actions and activities that we commit to doing regularly – we call these practices. These practices help us to **follow Jesus** (look up), **serve others** (look in) and **transform our communities** (look out).

The aim is to create a rhythm based on things that Jesus did in his own life and said that his friends and disciples should do too. This guide gives some introductory thoughts on how Church schools in the Diocese of Bristol can explore and develop practices that will create a Rhythm of School Life that brings space and time for spiritual growth.

Jesus says, "I have come in order that you might have life—life in all its fullness."

John 10.10

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What does 'life in all its fulness' mean for you?

What would you need in order to have a 'full life'?

What is the vision of your school?

What does it mean?

What difference does it make?

Practice: Waiting - living generously

What can we recall from Collective Worship this week?

What was important?

What or who inspired you?

Jesus said, 'I am the light of the World'.

What does this mean to you?

How do you feel as you look at the flames?



What does generosity mean to you?

Can you recall someone's generosity that affected you?

How could you be more generous?

How could your class demonstrate generosity?

Practice: Blessing & Serving - befriending and mending

What can we recall from Collective Worship this week?

What was important?

What or who inspired you?

Reflect on the kindness shown in the stories this week.

How do you describe kindness?

How do you feel as you look at the things that are broken and in need of mending?



Where in the world needs kindness and generosity right now?

Can you think of someone who needs kindness in order to 'mend'?

How could you be someone who 'mends'?

How could your class demonstrate friendship and kindness?

Practice: Thanksgiving

What can we recall from Collective Worship this week?

What was important?

What or who inspired you?

Reflect on the stories of lost and found this week.

How do you describe being lost?

How do you feel as you look at the Easter image?



Who or what are you thankful for?

Can you think of someone who needs to know you are thankful for them?

How could you show you are thankful?

How could your class demonstrate being thankful more often?

Practice: Growth

What can we recall from Collective Worship this week?

What was important?

What or who inspired you?

Who or what is in your comfort zone? How do you feel when you are there?

Reflect on the challenge to step out of your comfort zone.

When have you experienced this? What did you notice about yourself?



When have you experienced gentleness from someone else? What was it like?

Can you think of someone who needs you to be gentle with them?

How could you show you are strong but gentle?

How could your class demonstrate being gentle towards others and your community?

Practice: Re-creation - resting well

What can we recall from Collective Worship this week?

What was important?

What or who inspired you?

Are you a creative person? How do you know?

Reflect on the idea of building your life on a firm foundation. What does this mean for you?



Is rest important for humanity? Why do you think that?

Where do you go for rest and recreation? What helps you to relax?

How do you understand your role in caring for creation?

How could your class actively participate in joining in with re-creating God's world?

Practice: Celebration - gathering and sharing

What can we recall from Collective Worship this week?

What was important?

What or who inspired you?

How would you describe what faith is?

Who or what do you have faith in? How is faith different to wishing or crossing your fingers?



Reflect on the image of the mountain. What does this mean for you?

Sharing can be hard. Why do you think people find it hard to share?

What helps you to share? What might stop you from sharing?

What could your class share that would bring joy to others?



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