

SCHOOLS – SESSION 6

SPIRITUALITY

Main Aim: learning how to grow in all areas of your life, including your spiritual life

Attention: Do we matter?

Icebreaker: Who is your hero and why?

Game: Empty Can Crush - one person closes their eyes and is guided by another person to an empty can, which they must crush with their foot without looking. Race against the clock in time trials against other teams. Talk about how the blindfolded people had to trust their guide that they couldn't see, in order to move forward. Link to spirituality and trusting God to guide us.

Activity: Power of a Name. The name Lilibet, the Queen's nickname, is used by her closest friends and family. It is a shortened form of her full name Elizabeth, a girl's name of Hebrew origin meaning 'pledged to God'. What does your name mean? One of the team explains the meaning of their name and the power behind that. If possible research the meaning behind some of the students' names and articulate the potential power and meaning behind their names.

Watch: Justin Bieber talks about his faith in Jesus. [Video here.](#)

Activity: We can all see how sunflower seeds grow into beautiful, strong plants. It's harder to see how we grow on the inside to be strong and beautiful people. Ask God to grow different things in your life. Set out different pots, each with a paper flower 'growing' out of the top. On each flower is an attribute like 'kindness' 'courage' 'joy'. Use a bowl of sunflower seeds and invite each person to plant a seed in the pot with the attribute they want God grow inside them.

Application: How can God help you grow in your spiritual life?

Key Bible Text: 'Love the Lord your God with all your heart and with all your soul. Love him with all your mind' (Matthew chapter 22 verses 34-40).

Appeal: How can we grow in our spiritual life?

IN - Set yourself a goal of ONE THING you'd like to get better at this year.

OUT - Make a list of ways you could help out more at home and try to do at least one this week.

UP - Try to learn Psalm 23, an ancient prayer written by the Hebrew King David. To commit it to memory you could learn a verse a day. Use the Psalm as the basis for your prayer.

Prayer Spaces In Schools Resources: [Hand Challenge](#)

Throughout our lifetime, we are faced with many challenges but there are also opportunities for growth and new things too. This prayer activity invites pupils to think about the challenges they are facing but also the opportunities too.

Plenary: What's ONE THING you could do to develop your spiritual life?

70 Acts of Service

The Queen has served the UK and the Commonwealth for 70 years. To honour her, let's join together in [70 Acts of Service](#) during 2022.