

Family Rhythm of Life | **Informal service plan**



Session aims:

- To understand that Jesus is the light of the world
- To see that faith can be practised at any time in any place in many different ways.
- To understand that everyone can be a light for Christ in their daily life and think about what that might look and feel like for each of us as individuals.
- To understand that we need to both receive spiritually from God and give to others to live a fulfilled life.

Linking themes:

- Creationtide/Harvest – we can ‘shine’ in the way we take care of God’s creation
- Wear Your Faith Fortnight – use various resources including Streets of Light
- Christmas – Jesus was born; the light of the world
- Christingle – during Christingle the ‘shine’ aspect is also demonstrated by passing on the light to our neighbour
- Lent – prayer walking - to pray for the community
- Pentecost - the flame and breathe metaphors could link well with this
- Baptism promises (also see our baptism preparation resources)

Period	Activity	Resources
Questions to discuss	<p>This may be a starter activity or the questions may be discussed on tables during the craft time.</p> <p>Choose questions that are most appropriate for your setting.</p> <ul style="list-style-type: none"> • What does it mean to be a light for others? • Who is a light in your life? • Why is it important to make time for God and others regularly? • Is it our light or is it Jesus' light? • What happens when we try to do the right thing without making time for God? 	Questions sheet
Readings	<p>Jesus said 'I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.' (John 8: 12)</p> <p>"You are the light that gives light to the world. A city that is built on a hill cannot be hidden. And people don't hide a light under a bowl. They put the light on a lampstand. Then the light shines for all the people in the house. In the same way, you should be a light for other people. Live so that they will see the good things you do. Live so that they will praise your Father in heaven." (Matthew 5: 14-16)</p> <p>For the entire law is fulfilled in keeping this one command: "Love your neighbour as yourself." (Galatians 5:14)</p> <p>Or other appropriate Bible verses</p>	

10 minutes	<p>Welcome and introductions</p> <p>Overview of service</p> <ul style="list-style-type: none"> • Explain that today we are going to think about Jesus being the light of the world and how as individuals and families, we can be lights of Christ in our daily lives • We are going to think about how we might do this, not just on [Sundays or whatever day the service is], but also during the week • Because God wants to be part of our whole lives! <p>Opening Prayer</p> <p>At the beginning of our [café church/service/other] We thank you God for being with us today For loving us and for bringing Your love and light into our lives We ask You to light up this time together As we learn more about You and how You want us to live our lives for You Amen</p>	PowerPoint
5 minutes	Opening Song – My lighthouse	PowerPoint

10 minutes

Talking points (adapt and expand based your context/tradition/theology):

Have an unlit candle in front of you.

Say: This candle represents us.

Then ask: How do I get this candle to shine?

Take some suggestions. It needs a spark! Without the spark, the candle can't shine.

For the candle to work properly it needs **both** a spark and then a chance to shine and be seen.

It is the same for us. We can receive from God through the Holy Spirit - things like love, joy, peace, wisdom and ideas. God wants to give these things (spiritual nourishment) to us because He loves us.

But what about the shine part? Well, Galatians 5:14 tells us that beyond loving God, we must love others as we love ourselves. Loving others - through our actions, words and prayers - is what it means to shine for all the world to see. We are being our best selves and living life to the fullest when we are loving God and loving others.

Light the candle and read Matthew 5: 14-16.

By doing this we are taking part in the culture of the Kingdom of Heaven. That's God's kingdom, which we can be a part of now as well as in the future after we die.

Another way to think about it is to think about the way we breathe.

We breathe in and out. We can't breathe in and hold our breathe forever. And we can't breathe out forever either because we'll run out of air! But we must keep breathing in and out. **We must both receive from God (breathe in) and give to others (breathe out).**

What else do you notice about breathing?

We must do it regularly! (Demonstrate regular breathing). The same goes for lighting candles. They must be lit whenever it's dark, not just once.

So, we must receive from God and give to others regularly.

There are a lot of ways to do this and that's what we'll be exploring next.

PowerPoint
Candle & matches

Extra notes to leaders:

An oil lamp (which Jesus would have used) is actually the best metaphor for this but in modern times we are not familiar with this kind of lamp.

An oil lamp needs an initial spark (baptism) and needs regular topping up (time with God and renewing through the Holy Spirit), in order to stay lit and shine.



20 minutes

Activity ideas

- Have a look through the Family Rhythm of Life activities and discuss them in your family
 - Complete the 'Thinking about habits' activity
 - Make the Spinner:
 - Cut out the circle spinner and stick it to a paper plate or circle of card.
 - Cut out the arrow and attach it to the centre of the circle using a split pin
 - Decorate and add some activity ideas (from your main pack)
 - Make a Chooser:
 - Decorate and add some activity ideas (from your main pack)
 - Follow the instructions to fold into a chooser
 - Decorate a tealight holder:
 - Use all-surface pens, acrylic paints or glitter and sequins to decorate a small tealight holder
 - Touchy feeling boxes to guess the objects inside
 - Blindfolded obstacle course:
 - Create a simple obstacle course with whatever you have (chairs, cones, hoops)
 - In partners, one person guides their blindfolded partner past each obstacle.
 - "It's difficult to know the right way to go when we can't see. We can help people know the right way, by shining for others."
 - Light sparklers outside – don't forget to have a bucket to put them in after.
- Family Rhythm of Life pack for each family
 - Thinking about habits sheet
 - Chooser and spinner templates
 - Split pins
 - Paper plates
 - Glue
 - Scissors
 - Pens and pencils
 - Small tealight holders (wood, glass or ceramic)
 - All-surface pens/acrylic paints/ glitter, sequins, glue
 - Cardboard boxes with a hand sized hole in and packing paper
 - Small objects for inside
 - Blindfolds
 - Chairs, hoops, cones etc.
 - Sparklers
 - A bucket

<p>5 minutes</p> <p>Optional (This could be done during the craft time, as a separate activity or left out)</p>	<p>Prayer ideas</p> <ul style="list-style-type: none"> • Have a quiet area or a small tent with fairy lights inside. You could also have mirrors to reflect the light and prisms to create different colours. • Write your prayer requests on a paper flame and add them to the large candle outline or peg to a string of fairy lights <p>"Jesus is the light of the world and whoever follows Him will never walk in darkness – we bring our prayers to You our loving God, knowing You loves us and will bring light into our darkness. Amen."</p>	<p><i>Tent or sheets</i> <i>Fairy lights, mirrors, prisms</i></p> <p><i>Flame card shapes</i> <i>Unlit candle drawn on a large sheet of paper or a string of fairy lights</i></p>
<p>5 minutes</p>	<p>Closing/sending out Prayer</p> <p>Option 1: Jesus, Light of the World Help us to receive Your light and walk in it every day Help us to reflect Your light to others in all we do. Amen.</p> <p>Option 2: Jesus, Light of the World Ignite a light in us for You every single day Help us to shine brightly to others in our thoughts and words and actions Amen</p> <p>Closing Song – This Little Light of Mine</p> <p>Direct families to the Facebook Page: <i>Family Rhythm of Life Community and the Lights for Christ Website</i></p>	<p>PowerPoint</p>

Optional

Hand out a candle/tealight at the end of the service to take home – to remind them that Jesus is the light of the world but also they are called to shine as a light for Christ.

Optional blessing

**May the light of Christ surround you wherever you go and
May you shine as lights for Christ in whatever you do
And the blessing of God almighty,
The Father, the Son, and the Holy Spirit,
Be among you and remain with you always.
All: Amen**

Tealights