

## Small Group or weekly sessions to introduce Family Rhythm of Life

Session 1	Jesus is THE Light
Session 2	We are lights too
Session 3	It's a team effort
Session 4	Finding a rhythm

Jesus is THE Light	
Section	Content suggestions
Welcome and fellowship – social time	This can be unstructured or include an icebreaker game/s.
Worship – <a href="#">singing, music, silence, sensory etc.</a>	Song - My Lighthouse (or other with a similar theme) Light a candle - <i>How am I feeling today? Am I ready to hear from God?</i> Prayer tent with fairy lights
What about me? – <a href="#">share experiences around a theme and/or share how they have done since last week</a>	Where is the darkest place you have been? Have you ever felt like you were in darkness? (physically or metaphorically) Have you ever seen a sunrise?
Word – <a href="#">Bible input</a>	<b>Jesus said ‘I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.’</b> (John 8: 12)

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	<p>(Safely) Look at a lighter or match. What do we see just before the flame? A spark! The spark that starts a fire comes from an outside source (like lightning, heat from the Sun or the friction between two objects). It's the same for us in our lives, but for us, that outside source that provides the spark ultimately comes from Jesus. Jesus sparks in us the light of life.</p> <p>It might be helpful to imagine the following image: Jesus is like a ball of ever-present light, sparkling, fizzing, popping, and bursting with life, creativity and potential. He's constantly sending out sparks. When we choose to receive a spark (like holding out our own candle), we allow this spark to ignite the light of life in us.</p> <p>Each of us will have people, places and activities that help us to feel close to God or feel that we can hear from God more easily and receive this 'light of life'. Finding the right people, places and activities are like having the right 'fuel' for the spark to become a flame. (At this point, you could discuss a few examples from the young people.)</p>
What does this mean? – <a href="#">how could we respond? Keep it general not personal</a>	How might this change someone's thinking, actions or priorities?
What does this mean for me? – <a href="#">think about or share personal response to Bible passage</a>	Do you feel like you've got the right 'fuel' to be able to hear from God? Where do you feel closest to God?
Wondering – <a href="#">Prayer or reflective time</a>	Pray for God's help to explore different ways to receive Jesus' Light of Life.
Suggested activities ( <i>optional</i> ) - <a href="#">these could be done during the fellowship time, during the discussion time or before/after the prayer time</a>	<ul style="list-style-type: none"> <li>• Blindfolded obstacle course: one partner is blindfolded and the other must guide them through it with only their voice.</li> <li>• Make a light house, for example: <a href="#">Craft idea</a></li> <li>• Sunflower paintings/art – sunflowers turn their heads to face the sun and follow it through the day as the sun moves across the sky.</li> </ul>

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- Learn how to start a fire using a fire-starting kit (outside!)

## We are lights too

Section	Content suggestions
Welcome and fellowship – social time	This can be unstructured or include an icebreaker game/s.
Worship – <a href="#">singing, music, silence, sensory etc.</a>	Song – This Little Light of Mine (or other) Light a candle - <i>How am I feeling today? Am I ready to hear from God?</i> Prayer tent with fairy lights
What about me? – <a href="#">share experiences around a theme and/or share how they have done since last week</a>	How many kinds of light can you think of?  How is light useful? <i>(makes plants grow/supports life, helps us know which way to go, helps us to see dangers ahead, helps us to do activities, cheers us up, makes us feel cosy and comfortable, helps entertain us, communicates to others)</i>  <i>Prompts: The sun, car headlights, fire exit sign, a lighthouse, a torch, house lights, a campfire, a fireplace, concert lights, theatre lights, beacons, fireflies</i>
Word – <a href="#">Bible input</a>	Recap Jesus as the light of the world. The Spark!  So what happens once we've received that spark? What happens to the candle? With the right fuel, the spark becomes a flame and shines.  Read:

	<p><b>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.</b> (Matthew 5: 14-16)</p> <p>What does it mean to shine? In the reading, 'shining in the world' means doing good deeds which can come in lots of forms. It might mean helping others in your school or community, helping the environment or doing nice things for your family at home. It might mean telling others about Jesus or speaking out when something is wrong. We shouldn't be burdened by the prospect of doing good deeds (Matthew 11:28-30), we shouldn't feel stressed by it! Some 'good deeds' might seem tiny but they are still significant to God.</p> <p>We don't earn points with God by doing good deeds, but we are able to love others, the environment and ourselves better, by having a relationship with God.</p> <p>Optional: Here is a 5 minute video about how humans are called to rule/lead and therefore be lights in the world: <a href="#">Video Link</a></p>
What does this mean? – <a href="#">share all possible responses to the Bible passage</a>	<p>What would it look like for a person to hide their light?</p> <p>Why do you think good deeds makes people praise God?</p>
What does this mean for me? – <a href="#">think about or share personal response to Bible passage</a>	<p>Have you ever felt like you were hiding your light?</p> <p>Have you ever felt like you were a good example for someone else or you stopped something wrong from happening?</p>
Wondering – <a href="#">Prayer or reflective time</a>	<p>Ask for God to challenge you in a new way and show you how you can be a light in your world.</p>
Suggested activities ( <i>optional</i> ) - <a href="#">these could be done during the fellowship time, during the</a>	<ul style="list-style-type: none"> <li>• Decorate a tealight holder</li> <li>• Lantern craft – <a href="#">Example link</a></li> <li>• Make your own Christingle</li> </ul>

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discussion time or before/after the prayer time)	
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It's a team effort	
Section	Content suggestions
Welcome and fellowship – social time	This can be unstructured or include an icebreaker game/s.
Worship – singing, music, silence, sensory etc.	Worship using different senses. You could use: a fan, nice smelling oil, bread or honey, a cross or candle to look at and music.
What about me? – share experiences around a theme and/or share how they have done since last week	Share an interest or skill. Do you share any hobbies or interests with your friends? Do you have any friends or family members who are very different to you?
Word – Bible input	<p>We live in lots of different communities: our family or chosen family, our close friends, our class, our club, our church, our school, our local area. Being in a community doesn't just mean where physically near other people, but it means we have regular contact with them and have to work together with them in some way. But the problem with living with other people is that everyone is so different! <i>(Note to leader: We know that this isn't a problem but we're phrasing it like this because 'difference' can feel like a problem a lot of the time.)</i></p> <p>Differences of opinions, skills, abilities, interests and beliefs cause disagreements, arguments or worse. But did you know God loves it when we have good relationships with those who are different to us. Those who are different to us can teach us different things about the world and about God.</p>

	<p>After all, if we are each images of God and God is so big, it makes sense that there's so many different ways to be images of Him. If we work together even with differences, it helps us to grow and learn.</p> <p>Paul said: <b>For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others. We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.</b> (Romans 12: 4-8)</p> <p>So, all of this means two things:  1) The ways your family follows Jesus will probably look different to the ways other families do it.  2) Even if the people in your family are really different from each other, finding ways to do things together can help everyone to learn and grow (including the adults!)</p>
What does this mean? – <a href="#">share all possible responses to the Bible passage</a>	<p>Where in our communities/society do people work well as a team?  Where do they not work well as a team? Why do you think this is?</p>
What does this mean for me? – <a href="#">think about or share personal response to Bible passage</a>	<p>Think about your family, do you have anything in common?  What do you like doing altogether?  Is there anything you wish you could do as a family but don't currently?</p>
Wondering – <a href="#">Prayer or reflective time</a>	<p>Pray for God's help to see other people's points of view and to make room for people who are different to you.</p>
Suggested activities ( <i>optional</i> ) - <a href="#">these could be done during the fellowship time, during the</a>	<ul style="list-style-type: none"> <li>• Each person could draw a different part of the face/body. Put all the pictures together to make one person!</li> <li>• Use one part of the body to draw a whole face/body. E.g. feet instead hands and a head!</li> </ul>

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discussion time or before/after the prayer time)	<ul style="list-style-type: none"> <li>Take part in a team game e.g. charades, Pictionary, football</li> </ul>
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Finding a rhythm	
Section	Content suggestions
Welcome and fellowship – social time	This can be unstructured or include an icebreaker game/s.
Worship – singing, music, silence, sensory etc.	Choose a worship song with a good rhythm or use drums!
What about me? – share experiences around a theme and/or share how they have done since last week	<p>Have you ever tried to do exercise without eating enough beforehand? What happened?</p> <p>What other things do you have to do regularly? (<i>brushing teeth, sleeping, breathing, cleaning the house</i>)</p>
<p>Word – Bible input</p> <p>and</p> <p>What does this mean? – share all possible responses to the Bible passage</p>	<p>Have the following verses on slips of paper:</p> <p><b>Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.</b> (Philippians 4:6-7)</p>

**This, then, is how you should pray: Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread.**  
(Matthew 6:9-11)

**And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.** (Colossians 3:17)

What are these verses telling us? Are there any common themes?

*Possible answers: God wants to be part of every part of our lives. It's important to spend time with God and ask God for help regularly. We need help from God everyday.*

Now look at these verses:

**We remember before our God and Father your work produced by faith, your labour prompted by love, and your endurance inspired by hope in our Lord Jesus Christ.** (1 Thessalonians 1:3)

**A new command I give you: Love one another. As I have loved you, so you must love one another.** (John 13:34)

In other words: faith, love and hope from God lead to our good deeds. First, we receive love from God and then we love others.

In conclusion, God wants to be present in every part of our lives and wants to provide everything we need in order to do good things and love others. If we want to love others well, we must receive from God, and if we receive from God, it leads us to love others. It's a cycle, a loop, a rhythm running through our lives!

What does this mean for me? –  
[think about or share personal response to Bible passage](#)

Introduce Family Rhythm of Life and give out resources.  
How can you use this resource in your life?



	<p>Important: what happens if we don't stick to our 'rhythm'? We try again next week! Or it might be that we added too many things too soon and need to priorities a smaller number of activities. God gives us grace and will keep picking us up when we fail. We also have to give our family grace.</p> <p>A note to the leader: The Family Rhythm of Life resources have been designed to be inclusive but for whatever reason, a child or family might find the resources unhelpful or unsuitable. If this is the case, help them figure out what works for them, so that they still have the opportunity to respond to what you have been discussing during these sessions.</p>
Wondering – Prayer or reflective time	Ask God to guide you and help you to know what the next step is. Ask for strength and perseverance.
Suggested activities ( <i>optional</i> ) - these could be done during the fellowship time, during the discussion time or before/after the prayer time)	<ul style="list-style-type: none"> <li>• Dip a paint brush in paint see how long you can paint without having to dip again. Create a picture using one 'dip'.</li> <li>• Challenge: how much of a song can you sing with only one breath?</li> </ul>

## General outline of small group sessions

Section	Content suggestions	Questions being addressed
Welcome and fellowship	This can be unstructured social time or include an icebreaker game/s. Food and a drink may be included.	
Worship	Singing, music, silence, sensory etc. One of the participants could lead.	How am I feeling today? Am I ready to hear from God? What is God saying to me?
What about me?	Share experiences around a theme and/or share how they have done since last week in terms of their Family Rhythm of Life or Personal Rule of Life. May be prompted by questions. The focus should usually be on participants' own experiences rather than their knowledge of a subject.	How is my family doing with our spark and shine activities? Are we focussing on one aspect at the moment? What are my own experiences?
Word	Bible input through a Bible reading or story. May be a short talk or a video.	What are the experiences of the characters and writers of the Bible?
What does this mean?	Share all possible responses to the Bible passage. May be prompted by more specific questions.	How might this change someone's thinking, actions or priorities?
What does this mean for me?	Think about or share personal response to Bible passage. May be prompted by specific questions.  Participants could add something to Family Rhythm of Life or Personal Rule of Life.	How does this relate to me? Should this prompt me to change my thoughts of actions? How can I show this to others?
Wondering	Prayer or reflective time. Prayer or reflection in any form dependant on the group. One of the participants could lead.	Do I need God's help? Do I need help from others?

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Suggested activities ( <i>optional</i> )	Crafts, activities or discuss questions to further explore the session's themes. These could be done during the fellowship time, during the discussion time or before/after the prayer time.	
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