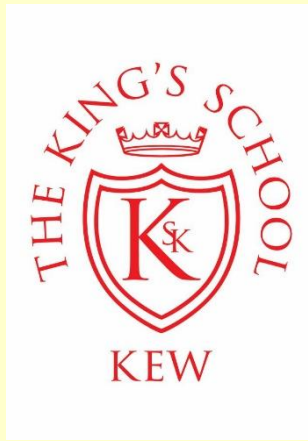


Living and learning by the values of Love, Compassion and Respect

How do you find ways to have thinking time for yourself and where do you go?

<https://www.youtube.com/watch?v=2yWgddTi5g0>

Self-awareness and reflecting



Call and Response

The Lord be with you

And also with you

Lift up your hearts

We lift them to the Lord

Let us give thanks to the Lord our God

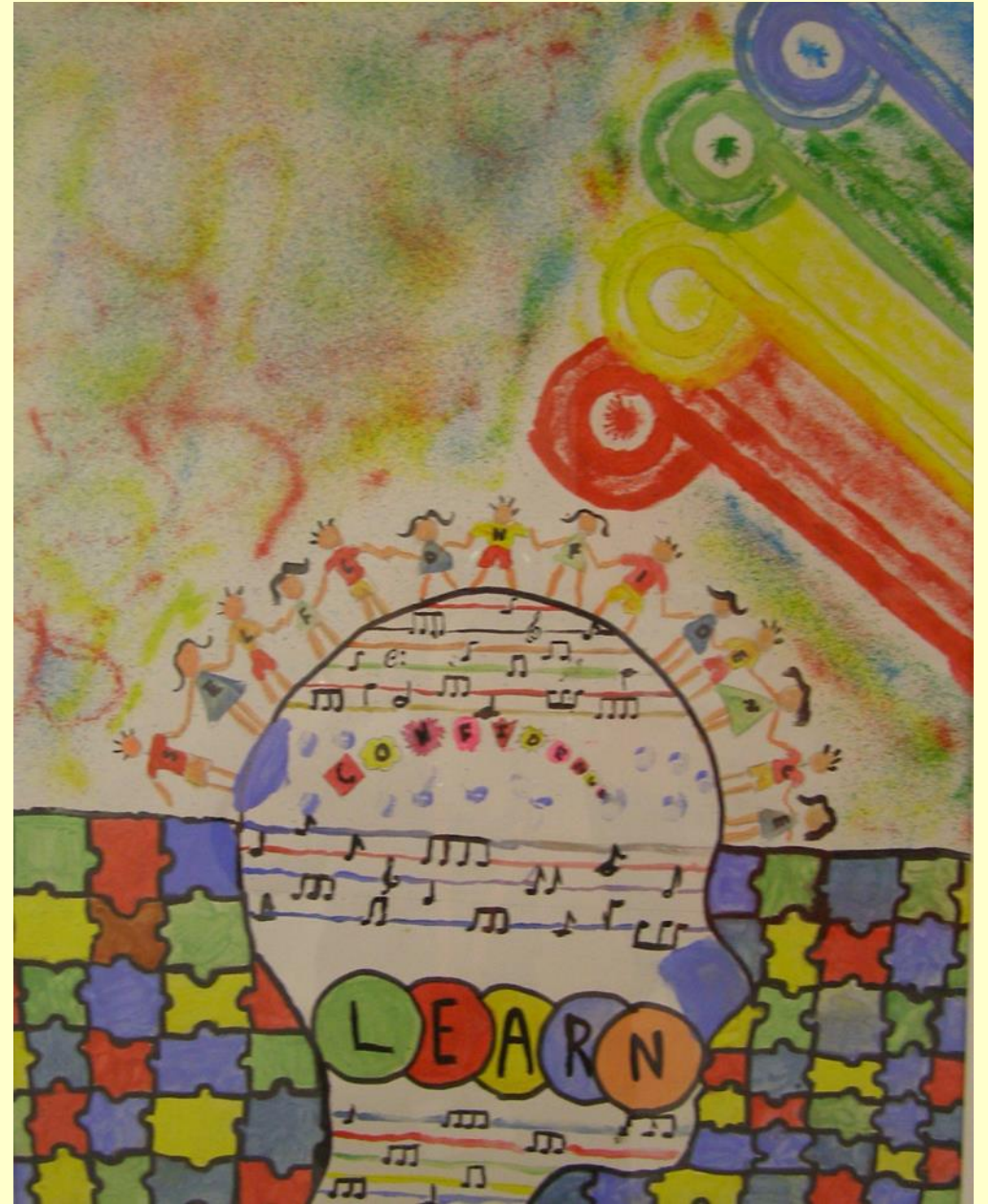
It is right to give him thanks and praise

Can you remember who we
learnt about in the New
Testament of The Bible who
found confidence through God to
change the way he behaved?

In Chapter 9 of the Acts of the Apostles, we learn of a man called Saul who later became St Paul.



Confident





How do you find ways to have
thinking time for yourself and
where do you go?

Have a chat with the person next
to you.

Being reflective allows us time to think about our decisions and work out solutions to problems or challenges we may have.



You might spend time to reflect:

- Could you have tried harder with some school work and not given up so easily?
- Could you have spoken to one of your friends in a nicer, kinder way?
- On how fortunate you were to get nice Christmas presents and think of those people less fortunate who didn't get any presents

There are lots of ways that you can find some time and space to reflect.



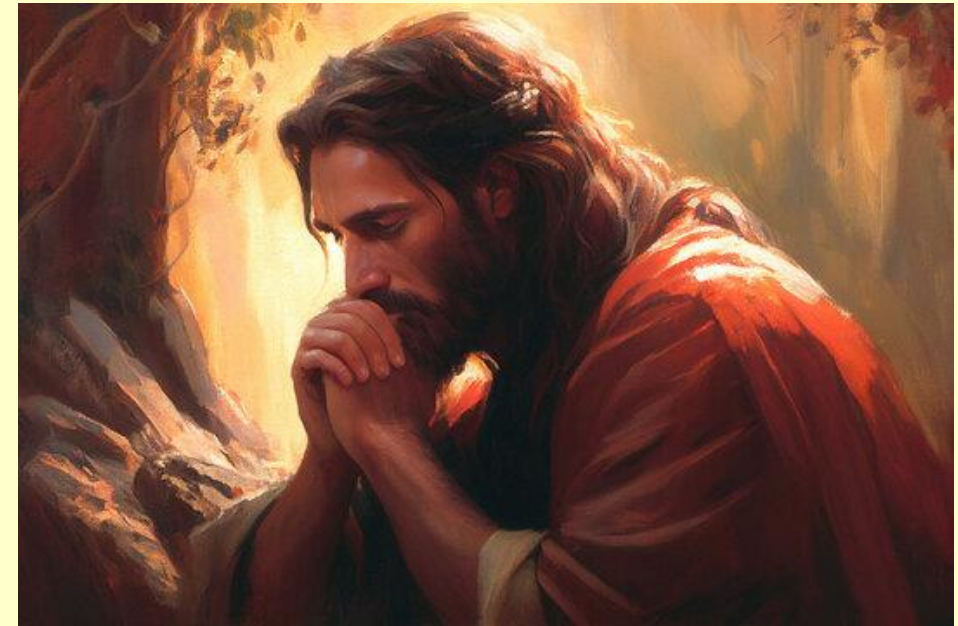
- Saying a prayer before bed
- Going for a walk in a beautiful place.



- Going to Church or a place of Worship
- Sitting quietly in a special place



After the Last Supper and before he was arrested by the Roman soldiers, Jesus went to pray and reflect in the Garden of Gethsemane to ask God, his Father, to give him strength and courage to carry his cross.





<https://www.youtube.com/watch?v=2yWgddTi5g0>

Self-awareness and reflecting

"The greatest journey is
the one of self-discovery."

Lao Tzu

 Blinkist



Relax, recharge, reflect
Relax. Recharge. Reflect.
Sometimes it's okay to do nothing.
**Sometimes it's okay to do
nothing**

@words.by.aashish



When we come together for Worship we ask you each time to spend a few moments reflecting on what we have learnt and talked about.

This is your time to reflect on how you can become a nicer, kinder, stronger and more determined person who always tries their best



Reflection Time

Take this time to reflect on what we have learnt, spoken and prayed for in our Worship today.

What are you thankful for in your life?

What can you do to be a better person and treat people the way you would like to be treated yourself?



Reflective

Dear Lord,

Help us to us to find time in our busy lives to reflect on how we treat other people and the decisions we make.

Allow us time to reflect on what we are thankful for, the love of our families and friends and how we can be better people and make a difference in the world for good.

We ask this in your name Lord,
Amen



The Grace

May the grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all, now and evermore.

Amen.

**Be still for the presence of the Lord,
the Holy one is here,
Come bow before Him now,
in reverence and fear.
In him no sin is found,
We stand on holy ground,
Be still for the presence of the Lord,
the Holy one is here.**

**Be still for the glory of the Lord,
Is shining all around.
He burns with holy fire,
With splendour He is crowned.
How awesome is the sight,
Our radiant King of light,
Be still for the glory of the Lord,
is shining all around.**

**Be still for the power of the Lord,
Is moving in this place.
He comes to cleanse and heal,
to minister His grace.
No work too hard for Him,
In faith receive from him.
Be still for the power of the Lord,
Is moving in this place.**