Class-based Worship: 3 ideas for day 1

Idea 1: Examen

Lead the class in a 'Heart for the Earth' inspired examen (see end of this document for guide). If the weather is favourable, why not do this outside?

Idea 2: Spend time outside marvelling at the world

It is our connection with and love for the world which animates action treasuring it. Begin with normal gathering routines for class-based worship, and then spend time exploring an area of the school grounds. Invite pupils to look at different areas (e.g. clouds, grass, leaves, under logs) through hands formed into a heart. This could also be done using a magnifying glass.

After ample time exploring, give pupils an opportunity to think of all the marvellous things they've seen. If pupils would like to, they can use this time to thank God in this period of reflection for these things.

Idea 3: Speed dating

Begin with normal gathering routines for class-based worship. Organise the chairs into two lines so that pupils are facing each other. Provide pupils with a statement below to discuss for one minute. Then ask pupils in one row to move down a specified amount (e.g. two places) so they are speaking with a different peer. Repeat with a number of statements from the list below.

- We are facing a climate emergency at the moment: what do you think are some of the main things causing this?

- Humans are not powerful enough to change the climate. Agree? Disagree? Bit of both?
- Out of ten, how worried are you about climate change. Why this score?
- Finish the sentence: if we are serious about climate change, we need to...
- How could we use less electricity in school and at home?
- We don't have to worry about climate change. Climate change only affects faraway places
- Positive quote: *'Know that you are incredibly lucky to be alive at a time when you can make a transformative difference to the future of all life on Earth. You are not powerless. Your every action is suffused with meaning and you are part of the greatest chapter of human achievement in history'* (*Christiana Figueres, The Future You Choose (2020)*). **Discuss - what do you think?**

Finish with a time for prayer and reflection. One idea is to invite pupils to trace on the palm of their hand worries, hopes and commitments for the planet. These sentences might start:
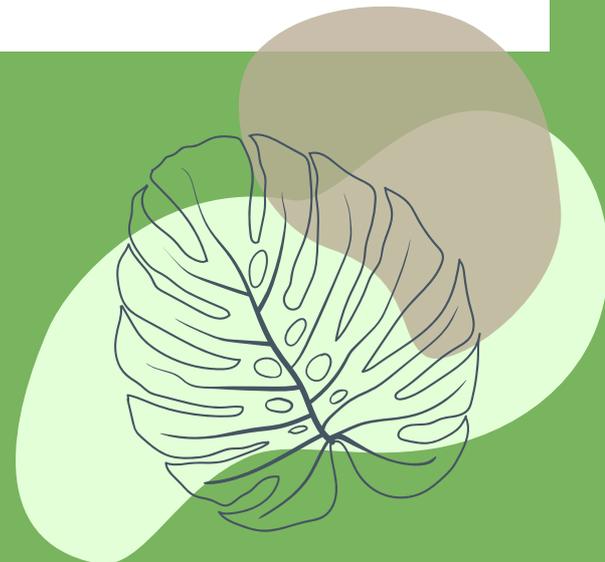
'My main hope for planet earth is...'
'My main worry about planet earth is...'
'This week, I would like to show a heart for the earth by...'

Pupils could trace the sentence stem or just the sentence ending.

For those pupils who would wish to, they could start their tracing reflections with, 'Dear God, ...' to make this a prayer.

Find a place to be still and silent: Ready yourself for reflection.

You might like to ask God to help you review your day so far.

Pause and be still: Think about the present.

Take some slow breaths.
What do you notice around you? What can you hear? What can you feel?
Spend some time being grateful for the world around you.

Rewind: Review your day so far.

How has your heart for the earth been seen today?
Has it been seen in your thoughts?
Has it been seen in your actions?

Spend a bit of time being thankful for the wonderful earth; if you'd like to, thank God for creation.

_____

Were there moments where you didn't show a heart for the earth?

Whatever these moments were, remember that you are precious to God and nothing ever changes that. Think about what you might do differently should that situation occur again.

Is there anything you would you like to leave with God and say sorry for?

Fast forward: Imagine the future.

Think about the rest of the day. How might you show a heart for the earth? Is there anything you would like God to help you with?

If you'd like to, talk to God about it now and ask God to be with you through your day.

Play: Resolve to live well for the rest of the day.

What has been the main thing you have taken away from your reflection? How has it helped you as you continue your day?