

# Peregrini

Resources for Children & Families



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## What is Peregrini?

Peregrini is a group of Christians spread around Greater Manchester who all want to learn to follow Jesus and learn to pray by being part of a community. We are from lots of different backgrounds, we have different jobs, and go to many different churches.

Members of Peregrini have all decided they want to commit to:

***Praying each day*** - talking to God about their needs, the things that concern them, and about God's world.

***Listening to God and Learning from God*** - by reading the Bible, other Christian books, taking time to be still and silent, and by talking with other Christians about following Jesus.

***Being followers of Jesus in the world*** - which means sharing the good news about who he is and what he's done; and doing the kind of things Jesus wants us to: showing kindness, working for a fairer world, looking after people in need.

### **Peregrini is for all ages**

Belonging to Peregrini isn't just something for adults – we would love children to be part of our community too!

If that's you, we hope you find this booklet helpful. There are lots of practical ideas and we'll point you towards other places where you can find ideas - in books and on the internet.

This little booklet offers some different ways to pray, talk about following Jesus, and to read the Bible as children and adults together. And most importantly it suggests some ways to turn your faith into action together.

If you're a parent, exploring the Christian faith with your child or in a family can seem like a challenge but it can also be very exciting. We can all learn from each other whatever age we are.

If you'd like to find out more about *Peregrini* you can visit our website - [peregrini.co.uk](http://peregrini.co.uk) - email us at [info@peregrini.co.uk](mailto:info@peregrini.co.uk) or pop in to visit one of our members on a Tuesday afternoon at our prayer room in Church House, Deansgate.



## **The Five Rhythms of Grace**

To help us as we learn to pray, to listen to God, to serve God in the world, and to be a better community, we have five “rhythms of grace” to guide us. These aren’t a strict set of rules but are more like a set of aims - things we try to do each day in many different ways.

Our rhythms for children and families are the same as for everyone else, just written in language that is a bit easier to understand:

### **Rhythm One**

With God helping me, I will learn to be more like Jesus.

### **Rhythm Two**

With God helping me, I will be open to the Holy Spirit guiding me.

### **Rhythm Three**

With God helping me, I will talk with God and get to know God by reading the stories of God's people.

### **Rhythm Four**

With God helping me, I will learn to be kind and loving to the people I meet, and I will do what I can to make the world more fair.

### **Rhythm Five**

With God helping me, I will share my friendship with Jesus with others, sharing the good news about Jesus wherever I go.



# Rhythms One to Three



## Praying Through The Day

### Morning

Here are some simple ways of praying in the morning:

Before you get out of bed: **“Thank you God for this new day.”**

Before your breakfast: **“Thank you God for this food.”**

Before you go out of your home or before you begin your activities:

I wake, I wash  
I dress, I say:  
'Thank you God for this new

“Lord Jesus: here I am. Walk  
with me, be with me,  
work with me.”

### Mealtimes

“The Grace Pot” - pick a large lollipop stick out of the pot – each one has a different short “thank you” prayer for the food.

“For health and strength and daily food,  
we praise your name, O Lord”



### Evening

With a group or a friend, talk about your day and what has happened in it.

- What has been good and made you happy?
- What has been hard or has made you sad?
- What do you wish you hadn't said or done?
- What are you thankful for?

Talk to God about it and to each other.

**Remember that each new day is a new opportunity to be  
with God and to work with God.**

## Celtic Spirituality

*The early Celtic Christians (living in the British Isles) found the ordinary activities and rhythms of the day and seasons to be ways of connecting with God.*

*They also found they could connect with and learn about God through ordinary everyday things around them.*

This exercise is a way of using very ordinary things to help you think and talk about God.

Gather together a collection of everyday items; for example: some coins, pebbles, leaves.

Think and talk together about these objects using some questions. For example, look at a pile of loose change and ask:

*Where have these been?*

*What can they be used for?*

*Where might they go?*

Or with some leaves:

*Where did these come from?*

*What did they do?*

*How do they change?*

Ask yourself about how God is involved in the things you are talking about.

Share your thoughts with each other, and with God – one of the group could offer a short prayer.

## Ignatian Spirituality

*Ignatius was a priest who encouraged people to use their imaginations - to picture what is happening in a bible story and to imagine themselves into the story. He found by doing this he was able to sense what God wanted to say to him.*

- Choose a short Bible story – one of Jesus' miracles for example, or a story of God's people from the Old Testament.
- Read the Bible story or have one member of the group read it out loud.
- Each person then sits down by themselves, getting comfortable and relaxed.
- Close your eyes and picture the story happening.
- Imagine yourself in the scene – think about what you might hear or smell or feel as well as what you would see.
- Imagine that you go up to one of the characters – what would they say to you?
- Which character really stands out to you? What catches your attention?
- When the story is over in your imagination, slowly open your eyes, and readjust to being “back in the room”.
- What do you feel God might have been teaching you or saying to you through this story?

## Franciscan Spirituality

*St Francis was especially fond of God's creation and felt God speaking to him and teaching him through it. He cared deeply about the animals and plants around him and knew God loved them too.*

Collect and cut up enough apples for everyone in your group to have one segment each. (Use an orange or pear if someone in your group prefers!)

Take a piece of apple each and eat it slowly so that you appreciate all the sensations of taste and texture.

As you are doing this, hold a pip in your hand and think about the tree hidden in the pip.

Think about the fruit the tree might produce, the pips in each of those new pieces of fruit, the trees inside each of *those* pips.

Think about how many trees you are holding in your hand.

Share your feeling with God in some way, maybe through a silent prayer or out loud.

You could draw something to express how you feel.

## Benedictine Spirituality

*St Benedict was one of the first people to start a monastic community – a group of men living together and spending a lot of time praying, studying the Bible and working together. He encouraged people to take time in reading words from the Bible, to “chew them over” slowly and allow God to speak through them.*

Each person on your group will need a copy of the Lord's Prayer, preferably in a version everyone in your group can understand easily.

Leave plenty of blank space on the paper underneath.

*(If someone in your group cannot read so well, you can work together as a pair with someone who can read.)*

Quietly or silently read through the prayer until one part – a word or a whole line – grabs your attention.

Underline that part of the prayer.

Now draw or make a picture or write in the space on your sheet to show what that part of the prayer means to you just now.

You might want to share with the rest of the group what you've chosen and what you've written or drawn.

## **Bible Stories to Explore**

Below are some suggestions of bible stories to explore using one of the methods above - such as the "Ignatian Spirituality". We've picked some to fit in with the different seasons in the Church's year.

### ***Advent***

Mary and Elizabeth share their good news - Luke 1:26-45

### ***Christmas***

Jesus is born - Luke 2:1-20

### ***Epiphany***

The wise men visit Jesus - Matthew 2:1-12

### ***Lent***

Jesus is baptised and goes into the wilderness - Matthew 3:13-4:11

### ***Holy Week***

Jesus washes his disciples' feet - John 13:3-15

Jesus shares the last supper - Luke 22:7-20

### ***Easter***

Mary meets Jesus in the garden - John 20:11-18

### ***Pentecost***

Jesus' followers receive the Holy Spirit - Acts 2:1-11

### ***Ordinary Time***

God calls Abram - Genesis 12:1-9

Hannah has a son - 1 Samuel 1:1-20

"The Lord is my shepherd" - Psalm 23

"Lord, you know me" - Psalm 139

Elijah listens for God - 1 Kings 19:4-12

Jesus calls his disciples by a lake - Mark 1:16-19

Jesus welcomes children - Mark 10:13-16

Jesus heals a blind man - Mark 10:46-52

## Creation Season\* & Harvest

(\*Some churches celebrate this season in September.)

God creates the world - Genesis 1

Jesus feeds a large crowd - Mark 6:30-44

### Creative Ways to Pray and Learn

#### “Bible Bedtime”

The Bible Society has a great app resource for phone and tablet, exploring Bible stories together at bedtime, or at any other time of the day.

Visit: [www.biblesociety.org.uk/about-bible-society/our-work/bible-bedtime/](http://www.biblesociety.org.uk/about-bible-society/our-work/bible-bedtime/)

Make a prayer bead bracelet or necklace

There are lots of different ways to make a prayer bracelet available on the internet, and different ways of using the beads to aid prayer.

For example, you could use different colours as a prompt to pray for different things e.g. one colour for “thank you”, one for “sorry”, other colours to pray for people you know, the world, your church and community.



Miranda Threlfall-Holmes suggests making a bracelet on her site [teenageprayerexperiment.blogspot.co.uk](http://teenageprayerexperiment.blogspot.co.uk) :

- “1. Each bead, or knot, reminds you to pray for something.
2. Your hands and mind are kept busy by touching the beads, so your mind can encounter God directly.
3. The physical action of taking up the beads and going through them one by one makes you take time out to pray.”

## Using Your Body to Pray

Hands: Using different gestures for “sorry”, “please”, “thank you”  
Posture: Kneeling, sitting and standing. Arms open.  
Hands open in lap.

### The Lord's Prayer

“Barnabas in Churches” has this great idea for acting out the Lord’s Prayer:

***Our Father*** - hands joined

***In heaven*** - hands joined and raised high

***Hallowed be your name*** - heads bowed

***Your kingdom come*** - release hands and make a gesture of invitation

***Your will be done*** - a salute

***On earth as it is in heaven*** - all stamp feet for 'earth' and then clap high above heads for 'heaven'

***Give us this day our daily bread*** - hands out ready to receive

***Forgive us our sins, as we forgive those who sin against us-*** hands clasped together in front of the body and then released; turn and shake hands with the people either side

***Lead us not into temptation but deliver us from evil*** - hands together in front of the face, shielding away temptation and then one hand up as a stop sign

***For thine is the kingdom, the power and the glory-*** one hand pointing up high; the other hand raised in a clenched fist; finally, both hands raised above the head high, with fingers spread

***Forever and ever*** - draw a large circle in front of yourself with one hand several times

***Amen*** - use the popular 'wind-up' Amen... with a long drawn-out 'A', accompanied by the imaginary cranking of a handle, and followed by the word 'men' being shouted loud along with a big clap of the hands

[See: [barnabasinchurches.org.uk/acting-out-the-lords-prayer](http://barnabasinchurches.org.uk/acting-out-the-lords-prayer) ]

## Signing the Lord's Prayer

Makaton have instructions for signing the Lord's Prayer using their sign system at [www.makaton.org](http://www.makaton.org)

### Celebrating the Seasons at

One great way of growing in our faith as a children and adults together is to celebrate seasons in our Christian year not just at church but in our homes.

For example, making **pancakes on Shrove Tuesday** can be a great way to lead in to a bible story about Lent, some prayers and a discussion about how you could mark Lent together each day.

**Footwashing** - re-enacting and thinking about Jesus washing his disciples' feet in a simple way. You could read the story, wash each other's feet, talk about how it felt, and what it means to be servants of each other every day.

**Making an Easter Garden** - many churches do this during Holy Week but why not build one at home too? A simple container, some moss, rocks and simple wooden crosses are a good start and you can add flowers, paths, whatever you like!

**Advent Corner** - collect objects that remind you of different elements of the Christmas story, of Mary, the journey to Bethlehem. You can use toy animals or figures, simple objects like some cloth or straw to help children think about what we are preparing for during Advent. You can also add a nativity set of figures.

All these activities can be ways to talk about your faith together, about how they relate to the Rhythms of Grace. You can use prayers as part of them or one of the Listening Exercises from pages x to x.

For more ideas, try visiting:

[faithinthehome.org](http://faithinthehome.org)

[teenageprayerexperiment.blogspot.co.uk](http://teenageprayerexperiment.blogspot.co.uk)

## Living Rhythms Four and Five



## Sharing Our Faith

Being a follower of Jesus - and knowing he loves and forgives us - is a wonderful thing that is good to share with the people around us. Sometimes that can feel exciting, sometimes it can feel scary and we don't know how to do it.

Here are some simple ideas that might help to share the good news about Jesus with other people.

### **“We’re Praying for You”**

Design your own postcards to give to friends or neighbours, reminding them that you remember to pray for them. It can help to start a conversation about the things they are concerned about or need help with.

### **Special Times and Seasons**

Why not help to organise a special Christmas or Easter event or service that is child and family friendly? It can help people who feel nervous about church or have never been before.

### **Your Church**

Your church may have a special social event - a barbecue, a fun day or a special meal. Why not invite a friend along? They can get to know other Christians and maybe find out more what it means to follow Jesus being spending time with people who already do.

## Working For Justice

An important part of following Jesus is what we do out and about in his world each day: how we use our time, the things we have, the skill he has given us.

### ***“Act Justly”: Speaking Out Against Injustice***

Write a letter to your MP (Member of Parliament) about an issue you've heard about in the news that our government could do something about.

Maybe you and the grown up who you live with could research a charity to support which is working for justice, such as Christian Aid, Oxfam, Shelter or Amnesty International

### ***“Love Mercy”***

Ask your teachers at school if you can raise money or do a food collection for a charity near your home or somewhere else in the world.

Put some pocket money aside regularly to give toward the work of a charity you hear about at church, at school or in the news.

**Jesus calls us all to work to make the world a more fair place, a place where everyone can be safe, cared for and treated with respect.**

*This booklet was compiled by Mark Hewardine and Ann Whittleworth for the Peregrini community, an initiative within the Diocese of Manchester (Church of England).*

*For more information visit: [peregrini.co.uk](http://peregrini.co.uk)*

