# **Disposition: Being attentive to the sacred as well as the precious**

## **Lesson:** Two

### Question/LO: Why do Christian’s value time for reflection? How do Christians reflect?

| **Dimension of learning** | **Activities** | **Resources** |
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| Learning from experience | n/a  | n/a |
| Learning about religious traditions and non-religious world-views | Ask pupils to describe the way they think through important decisions and big ideas. What helps them to think? Do they go to a particular place?Some Christians like to spend time quietly with God, by meditating. This can be by repeating a phrase over and over again – for example “Lord have mercy”, or “Do not be afraid”. This practice can also happen in religious traditions besides Christianity. Ask pupils if they know of traditions where followers repeat a word in their minds, or out loud to focus their minds on the divine. They may suggest “Om” from Hindu traditions or “Waheguru” (Wonderful Lord) from Sikhism. (They may offer these from knowledge they have picked up, or from the tradition or practice of their own family).Some Christians choose to have a ‘quiet time’ where they spend time in Bible study and pray to God. Some Christians include listening to Christian songs to help them to get themselves ready to focus on God.The video to accompany this lesson shows Beth, a Christian teenager during her ‘quiet time’ as she starts her day with reading the Bible and praying.Discuss with pupils how thinking about a Bible passage in quietness might help a Christian to think about what is important in life.Read Psalm 1 verses 1-4. This is a Psalm from the Bible that is important to Jewish people and Christians. How do these few verses inspire people to make good choices?If there is time, choose a short passage from the selection for pupils to mediate on, or think quietly about.Psalm 8 3-5Proverbs 3 3-4  | If you would like to see a clip of Sikhs chanting Waheguru, a short section of the film here, shows Sikh women chanting “Satnam Waheguru”. Satnam is the true essence of God’s name.<https://birmingham-faith-visits.theartssociety.org/sikh/pray-work-and-share> from 1 mins 20 secondsA video ‘Beth and her quiet time’ will have downloaded into the same folder as this lesson plan.<https://www.biblegateway.com/> Choose International Children’s Bible from the menu.<https://www.biblegateway.com/> Choose International Children’s Bible from the menu. |
| Learning from faith and non-religious world-views | Discuss with pupils the question:Does meditation on a phrase of scripture or words of wisdom have an impact on my mood or behaviour? | n/a |
| Learning to discern | Continue to discuss responses to these questions:Do I find quiet attentiveness peaceful, or unsettling?When should quiet reflection lead to action?What action might follow from reflection on a phrase or verse or wise words? | n/a |