
WORSHIP @ HOME

Parents' guide



Worship@home is a weekly resource to support your worship at home at this challenging time. It will also remind us that, even though we are apart, we remain connected as a community.

Through worship we can:

- Slow down to share joys and challenges; celebrate special times eg Easter
- Praise God, reflecting on His character and the teachings of Christ
- Affirm Christian values and deepen spiritual awareness

Whilst we are apart, knowing that we are all following the same worship theme will hopefully unite us, especially when we apply aspects of our worship to the way we live out everyday life. The focus on matters 'beyond everyday' is fundamental for our spiritual growth and wellbeing.

The simple format mirrors the times of worship we enjoy at school. This will mean that there is familiarity for students. When things are back to our normal routines, you will

have gained a better understanding of the rhythm of our school day and have a deeper connection to the importance of worship in our school. The key ingredients of our worship are:

1. **Music:** A short piece of relaxing, meditation music to help prepare (e.g. <http://www.viewpure.com/fOB73qRVGJs?start=0&end=0>)
2. **The Greeting:** 'In the name of the Father, and of the Son and of the Holy Spirit. AMEN'. Our tradition is to cross ourselves as this is said.
3. **Opening prayer and lighting the candle**
4. **A Bible reading and other stimuli:** Read by any member of the family
5. **A message/main teaching point:** Read by any member of the family
6. **An activity:** Optional craft/game. Often for younger children.
7. **A time for reflection:** Individual response, silent or with suitable music
8. **Closing prayer:** a relevant closing prayer, The Lord's Prayer – said the traditional way, a grace. The Lord's prayer has a special place in every act of worship, and from a pattern of prayer for Christians:
9. **Blow out the candle!**

Sacred Space



You may wish to set up a small sacred space in your home to provide a focal point for your worship or alternatively simply gather around the dining room table together with a candle and the week's act of worship. It is up to you.

Creating a sacred space may be a rewarding activity to do as a family. It is simply an area to place symbols which help us sense that God is present in our lives. Each form room at Becket Key's has a sacred space. It can be as minimal or as elaborate as you would like. Objects could include a candle, a plant or bunch of flowers from the garden, an ornament, a Bible, a prayer book, a cross or a picture. Allow the family to take ownership of this space and add to or refresh it from time to time. The weekly editions of 'Worship@home' will also, on occasions, include some creative prayer ideas for your family too. You may find your sacred space become more than just a focal point for your worship together, but also a place for individuals to pause, refocus or offer prayers to God.

Feel free to make these acts of worship your own. Perhaps write prayers together or pray more freely using the simple structure below, or something similar, every day:

Light a candle. Turn your attention towards God.

State your intention: God I want to be with you now, to talk with you and listen to you.

Position your body in a posture of respect.

Sit or kneel. Close your eyes and fold your hands.

Address God in a way that grants him honour and glory.

Holy God, Heavenly Father, Creator God, Precious Lord etc.

Give thanks for all the blessings you have received.

For life, love, food, shelter, friends, family etc.

Ask for what you need or ask for someone else.

Please grant your healing power. Please forgive me my sins.

Trust that God will answer according to his will.

Pray in faith that God will answer your prayer, but know that sometimes the answer is 'no'.

Close your prayer in the name of Jesus.

We ask in the name of our Lord and Saviour who told us to ask for what we need.

Say 'Amen' which means 'Let it be so'.



However you decide to use these resources, I pray that you will hold onto, or indeed find, the peace, hope and love that comes from knowing God. We are not alone. God is with us and our prayers will connect us beyond the confines of any room. Remember the words of Philippians 4:4-7: *'Rejoice in the Lord always; again I say rejoice, Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your heart and mind.'*

*Mrs. Sharp
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