



R H Y T H M

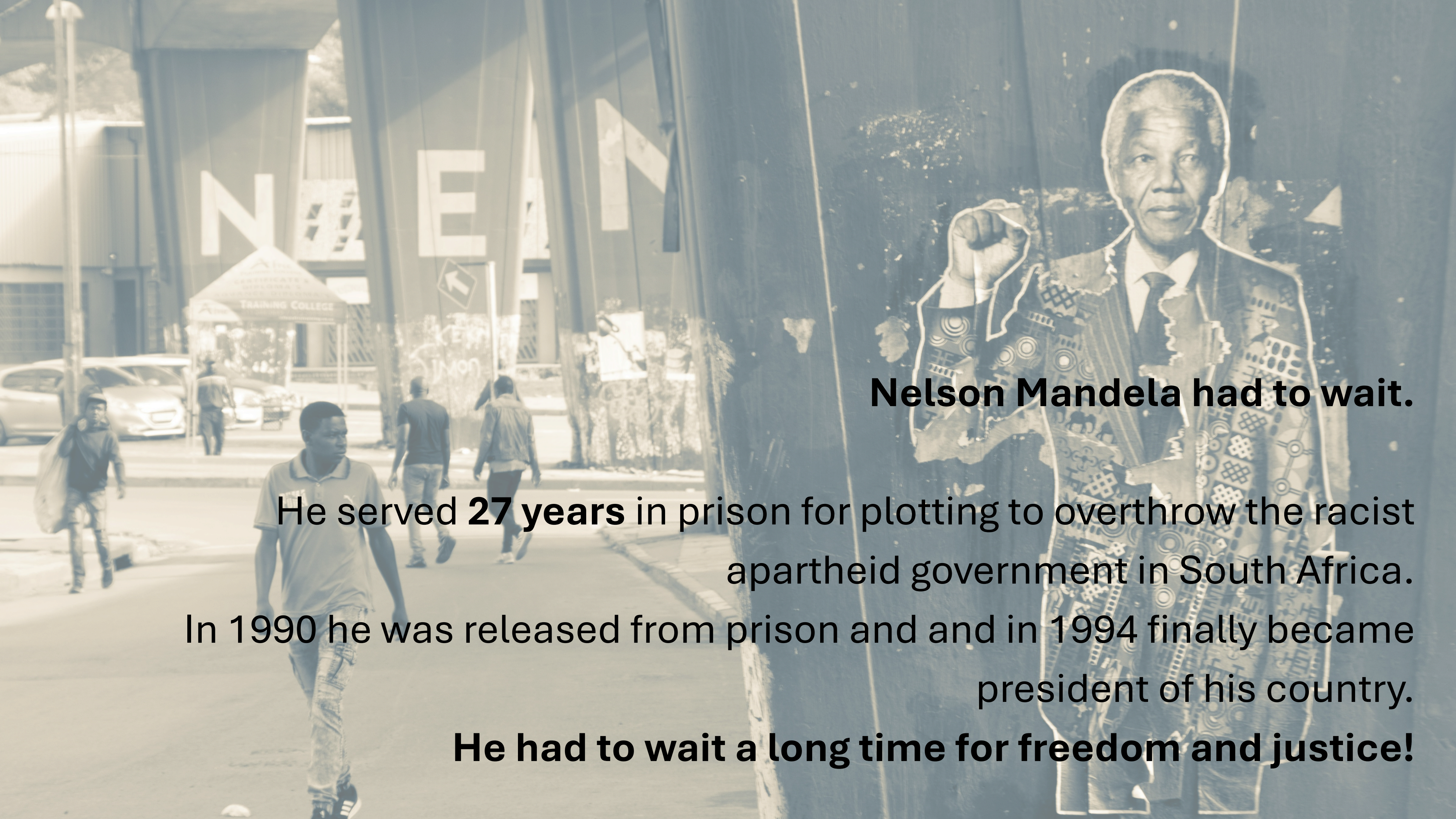
OF LIFE

for primary schools

**In this season of
Advent, we choose to
live generously in
Jesus' name. Amen**

Have you ever had to **wait** for something?

How long did you have to **wait**? How does **waiting** feel?
Share your thoughts and feelings with someone next to you.



Nelson Mandela had to wait.

He served **27 years** in prison for plotting to overthrow the racist
apartheid government in South Africa.
In 1990 he was released from prison and and in 1994 finally became
president of his country.

He had to wait a long time for freedom and justice!

Often waiting is hard - and boring!

But it is so exciting when the thing we've been waiting for finally happens.

The joy is worth all the pain!

Advent is season of waiting.

Often the Church uses **purple** as the colour for this season.

This season is the beginning of the new year in the Church.

So what is the Church waiting for?

How should we wait?

When you're waiting, do you feel...

frustrated

bored

calm

annoyed

unfussed

impatient

cross

angry

excited



When the Angel came to Mary to tell her she was going to have a baby and it would be Jesus, God's Son, she knew she had to wait for him to be born.

But Mary waited with joy because she was happy that God had done so much for her. She wasn't cross or impatient or frustrated. She was full of joy!

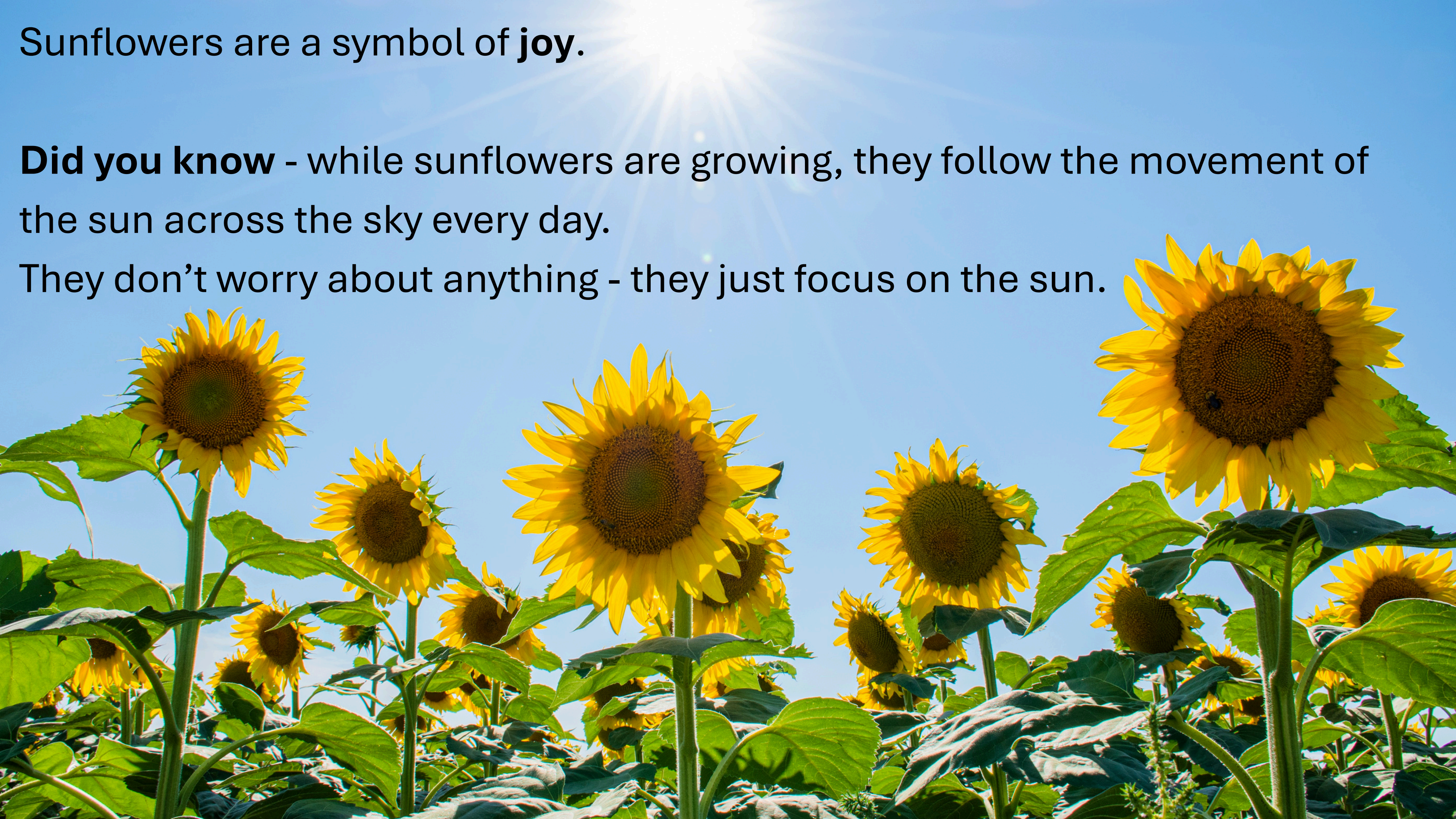
She was so joyful, she sang a song.

I'm bursting with God-news;
I'm dancing the song of my Saviour God.
God took one good look at me, and look what happened—
I'm the most fortunate woman on earth!
What God has done for me will never be forgotten,
the God whose very name is holy, set apart from all others.

Taken from The Message Luke 1:46-47

Wow! Mary felt real **joy**!

When have you felt like this? Who or what brings you **joy**?



Sunflowers are a symbol of **joy**.

Did you know - while sunflowers are growing, they follow the movement of the sun across the sky every day.

They don't worry about anything - they just focus on the sun.

Let's think

What could I focus on to bring me **joy**? What could I do to bring some **joy** to others today?

How could I show **generosity** that will enable myself and others to grow and flourish?

Let's pray

Lord Jesus

We pray that our school will be a place where everyone can grow and flourish. Please give us your joy as we follow you. Teach us to live generously as we wait for your Kingdom to come. **Amen**

Let's sing

Give me Oil in my Lamp





RHYTHM

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