



RHYTHM

OF LIFE

for primary schools

**In this season of Trinity,
we choose recreation
and rest in Jesus' name.**

Amen



Can you
see what
is growing
here?

Did you know that growing grapes to make wine is very complicated?

Growers have to think about

- the soil
- the sunlight
- the rainfall
- the wind direction
- how to support the vines as they grow
- the pests that might spoil the plants
- when to harvest the grapes

...the list goes on!



Vines need to be cared for to grow and flourish. They need something to cling to and climb up that provides safety and shelter.

This is often called a trellis.

If the vine didn't have the trellis, it would be all floppy on the ground and would get eaten by bugs.

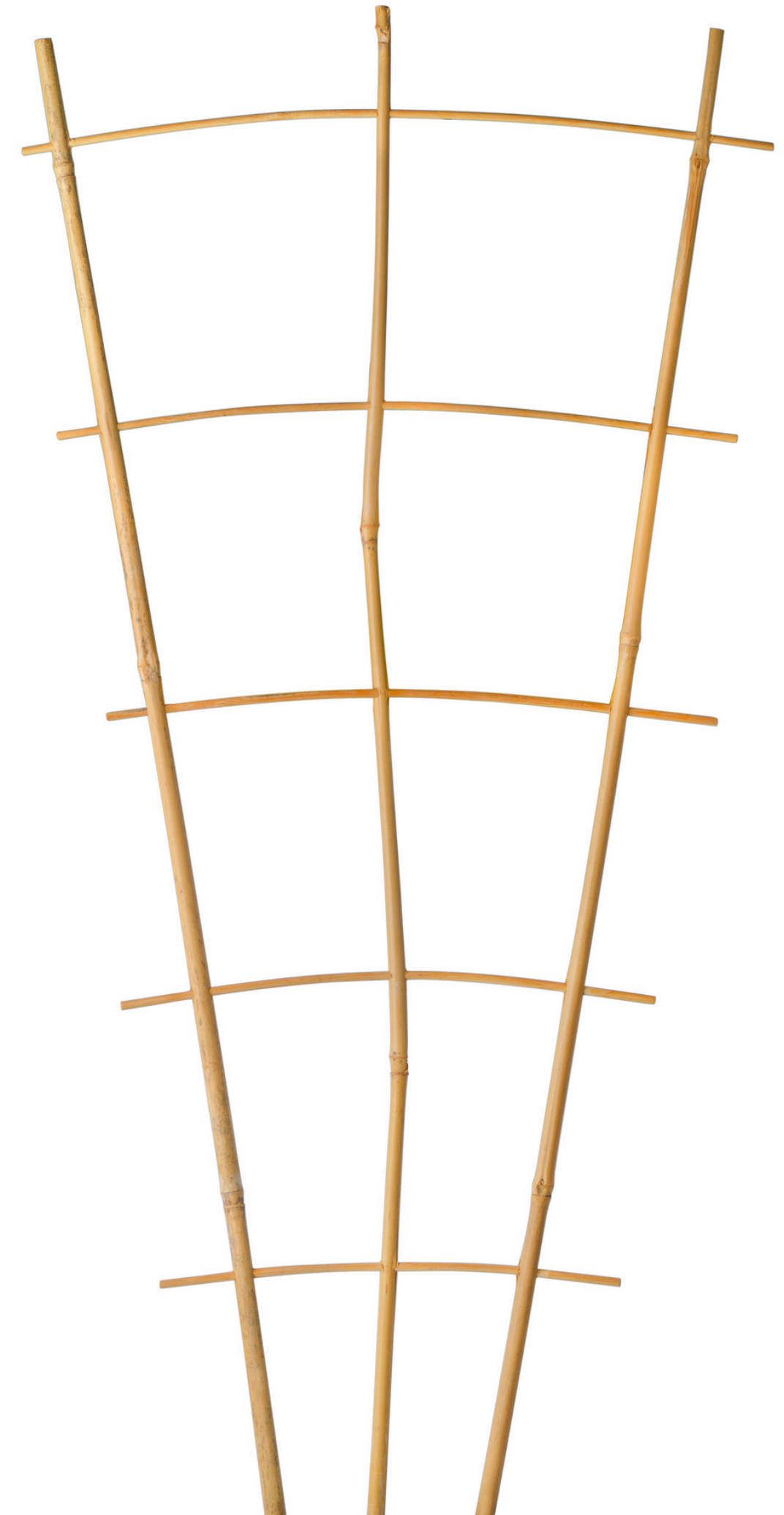
It wouldn't grow and flourish!



Jesus said, ‘I am the vine and you are the branches. Those who remain in me, and I in them, will bear much fruit; for you can do nothing without me. I love you just as the Father loves me; remain in my love. If you obey my commands, you will remain in my love, just as I have obeyed my Father's commands and remain in his love.’

What do you think Jesus means?

Jesus is saying the best way to flourish is to ‘remain or **rest** in his love. He provides safety and shelter just like the trellis provides for the vine so it can grow well.





**These cattle are yoked together.
This stops them from wondering off and
keeps them working closely together. They
maybe pulling a plough to prepare the soil.**

Jesus said, ‘Come to me, all of you who are tired from carrying heavy loads, and I will give you rest. Take my yoke and put it on you, and learn from me, because I am gentle and humble in spirit; and you will find rest.’

What do you think Jesus means?

Jesus has given us two images from farming to think about.

Which one helps you to understand more about God's care for us?



Let's think

Are you carrying any 'heavy loads' that might stop you from being able to rest? Maybe there is something on your mind that is making you anxious. Maybe you are tired and worn out from busy-ness and work. Can you give this to God?

Let's pray

Lord Jesus

We pray that our school will be a place where everyone can grow and flourish. Please help us to make time to rest as we follow you. Teach us to care for creation as we wait for your Kingdom to come. **Amen**

Psalm 23 The Lord Our Shepherd (taken from the GNB)

The Lord is my shepherd;
I have everything I need.

**He lets me rest in fields of green grass
and leads me to quiet pools of fresh water.**

He gives me new strength.

He guides me in the right paths,
as he has promised.



**Even if I go through the deepest darkness,
I will not be afraid, Lord,
for you are with me.**

Your shepherd's rod and staff protect me.

You prepare a banquet for me,
where all my enemies can see me;

you welcome me as an honoured guest
and fill my cup to the brim.

**I know that your goodness and love will be with me all my life;
and your house will be my home as long as I live.**







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