

Growing Together

Inspired by the Christian Faith

The gift of time

Read Together



There Is a Time for Everything

Sometimes we wonder if we are doing the right thing at the right time, especially when life is different from usual.

Ecclesiastes is a part of the Bible called Wisdom, it was written a very long time ago. These verses are often read during special and different times of life. They remind us that there is a pattern to life and that our feelings and choices have a proper place in that pattern.

There is a right time to do things, a season of life for everything on earth.

There is a time to be born, and a time to die.

There is a time to plant, and a time to harvest .

There is a time for life to end, and a time to heal.

There is a time to take down, and a time to build up.

There is a time to cry, and a time to laugh.

There is a time to be sad, and a time to dance.

There is a time to create new life, and a time to stop.

There is a time to hug, and a time not to hug.

There is a time to search for something, and a time to stop searching for it.

There is a time to hold on to things, and a time to share.

There is a time to grieve, and a time to celebrate life.

There is a time to be quiet, and a time to talk.

There is a time to love, and a time to hate.

There is a time for conflict, and a time for peace.



Prayer Spaces



Praying is sharing our thoughts and feelings with God. Monks often walk and pray. It's possible to sew prayers, paint prayers, hammer prayers or even cartwheel prayers. Can you think of anything you could do to pray differently today?

Pray for today and everything you will be doing. You can use words or pictures for; people, places, the Church and for the world.

Prayer to begin the day

Lord help me to speak so that I can praise you.
The night is over and today is ready for us to live it.
So we pray together with all our hearts and our minds.

As we delight in the gift of a new day,
we know that your light will guide us and put a spark
our hearts with love for you;
now and for ever. **Amen.**

Night Prayer

Before the ending of the day,
creator of the world, we pray.
That you, with constant love, would keep
your watch around us while we sleep.
From scary dreams that give us fright,
protect us in the darkest night;
tread underfoot unhelpful thought
and give us peace that you have bought.
O Father, what we ask be done
through Jesus Christ, your only Son;
and Holy Spirit, by whose breath
our souls are raised to life from death.

Family Fun



Are there any games you don't often play because they take too long? Do you have time now?

If you're a grown up, why not let the children choose the games they want to play with you. See how long you can play without saying it's time to do something else or 'in a minute'.

Spend time regularly outside if you can. Spot ways in which the natural world shows time is passing – for example through growth.

Create and Make



Can you plan and design a visual timetable for your days? You might like to see if you could make it into the shape of a clock.



Under 5s



Play 'What's the Time Mr Wolf?' Don't be afraid to be a chasing wolf, playing games like this is one way children cope safely with their unseen fears.

For a reminder of how to play, [click here](#).

Did You Know?



For over a thousand years, some men and women have chosen to be monks or nuns, leaving behind their usual homes and jobs and giving their whole lives to God by praying, working and learning.



Some monks, like the Benedictines, rarely leave their home base or monastery, not even for a weekend or night off. Yet they don't get bored or restless because they have a whole different shape for their lives. They have a rhythm for the day. They begin and end their day with prayers and also pray at other regularly times during the day. They have blocks of time when they do jobs, time when they study and time when they walk. They even think carefully about how they eat their meals and what they listen to when they're eating.

Why not find out more about how monks live and see if there are any parts of their lifestyle you would like to copy.

