

Year of St Francis Prayer Trail: Joy in Small Things.



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Encourage pupils to find a comfortable position to sit in. Explain we will be thinking about small things that bring us joy. St Francis encouraged people to find joy in small things. Ask what things bring joy to people? Explain that sometimes joy is quiet. We have to slow down to notice joy. Explain we will begin by stilling ourselves to allow ourselves to slow down and reflect.

Let us still our bodies and remember that God loves us ... (30 seconds)

Rest your hands gently in your lap. You may like to rest them on your knees.

Close your eyes gently. Listen to the sounds around you (15 seconds)

Listen to the sounds of your own breathing, even your heartbeat. (15 seconds)

Be aware of God's love, deep in your heart. (15 seconds) Listen to God, with an open heart and an open mind. Listen again to the sounds around you..... Slowly open your eyes.

Explain that the Book of Psalms in the Bible is a collection of songs and prayers the Israelites sang and prayed to God. Psalm 118:24 prays, ***"This is the day that the Lord has made; let us rejoice and be glad in it."***

This psalm reminds God's people that every single day is a gift from God. Joy is not just exciting days like birthdays, trips or holidays — but ordinary days, rainy days, quiet days. The psalm teaches that joy can be found in small, simple moments: hearing birds sing, laughing with a friend, helping someone, hearing the wind rustle through trees and leaves, seeing beautiful flowers or sunset. Encourage pupils to consider what is bringing them joy at the moment (engage all senses).

As you listen to the psalm again think about what has brought joy recently, maybe something not expected or planned. Read the psalm again, slowly, pause and share again...

"This is the day that the Lord has made; let us rejoice and be glad in it."

- * Ask pupils to be still, have a few moments of silence.
- * Give thanks in your heart for the small things that have brought you joy.

Thank you Lord, for the gift of today.

Help us to notice the small blessings around us —
the sunshine, our friends, our families,
and the simple moments that make us smile.

Teach us to find joy not only in big celebrations,
but in the little things You give us every day.

Fill our hearts with thankfulness. **Amen.**

Stay with us Lord on our journey.

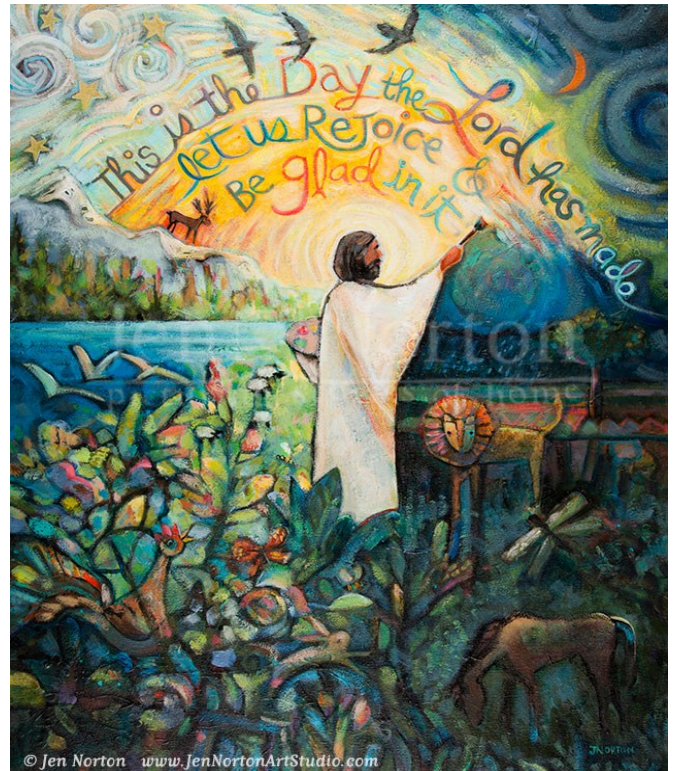
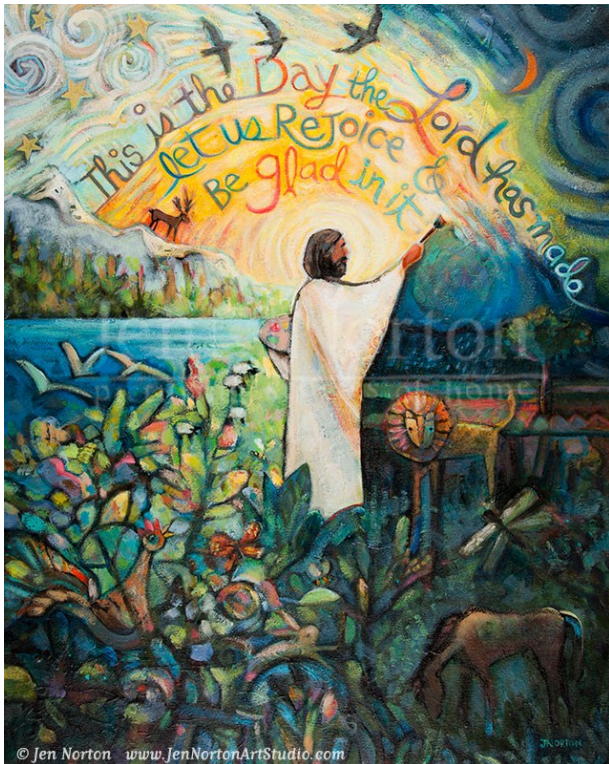
St Francis of Assisi.. **Pray for us**

Send: Try to find the small things each day that bring joy... how can you bring joy to others?



As part of the prayer you
may wish to sing the hymn
'This is the day...'

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You may wish pupils to take a copy of the image away from the prayer station to help them to remember to find joy in everything they do and experience.

This is the day, this is the day.
That the Lord has made, that the Lord has made.
We will rejoice, we will rejoice,
And be glad in it, and be glad in it.
This is the day that the Lord has made.
We will rejoice and be glad in it.
This is the day, this is the day
That the Lord has made

<https://www.youtube.com/watch?>

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We will rejoice, we will rejoice,
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