

Year of St Francis Prayer Trail: Peace.



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Encourage pupils to find a comfortable position to sit in. Explain we will be thinking about peace – how to find it in ourselves and how to share it. Although St Francis probably did not write, “Make me a channel of your peace”, it reflects his life of non-violence, love and service. St Francis greeted everyone he met saying, “May the Lord give you peace.” By giving up being a soldier and living peacefully with the animals and other people, St Francis reminded everyone how the world could be. When he was joined by other friars, St Francis told them that they needed to have peace in their own hearts if they wanted to teach other people about peace.

Explain that we are going to spend a few moments finding peace in our own hearts. Peace is a gift from God which is given to us all, but we might need to practise finding it. Begin by stilling ourselves to allow ourselves to slow down, be still and feel God’s peace.

(You may wish to use the stilling exercise here—see introduction page).

St Francis found peace by being content with a simple life and not looking for happiness in money or status. St Francis spread peace by loving people, even those everyone else disliked. He knew that if we want to spread peace in the world we must also treat people fairly and with respect.

In Matthew 5:9 we read that Jesus said, **“Blessed are the peacemakers, for they shall be called children of God.”**

It is difficult to believe we can be peacemakers. Jesus and St Francis knew that fighting would not bring peace, but loving people and being kind will make a difference and spread peace in the world.

- * Have a bowl of water and drop a pebble in it.
- * Watch to see the rings spreading out. Even without making a noise, the ripples will spread and spread. Think about the effect our words and actions can have in the world.
- * Think about how treating people fairly and kindly can stop arguments.

As you listen again to Jesus’ words from Matthew, think about how you can choose to speak kindly to others today—even if you are frustrated or angry. Think about how your words will make a difference. **“Blessed are the peacemakers, for they shall be called children of God.”**

Thank you Lord, for helping me find peace in my heart.
Help me to spread peace in the world
by what I say and do. **Amen.**

Stay with us Lord on our journey.

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

Send: Try to speak kindly to people today—even if they are annoying you!



As part of the prayer you
may wish to sing the hymn
‘Give me peace’

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Give me peace, O Lord, I pray
In my work and in my play
And inside my heart and mind
Lord, give me peace.

Give me peace, O Lord, I pray
In my work and in my play
And inside my heart and mind
Lord, give me peace.

Give peace to the world, I pray,
Let all quarrels cease today.
May we spread your light and love:
Lord, give us peace.

Give peace to the world, I pray,
Let all quarrels cease today.
May we spread your light and love:
Lord, give us peace.

Link to hymn

<https://www.godsongs.net/2025/05/give-me-peace-o-lord-i-pray.html>

