



Weekly activities

These activities work for all ages and are great to use in a family, youth group, or on your own.

Each week we recommend a Space Makers practice from our Contemplative Toolkit – a prayerful exercise based on ancient Christian traditions, with much wisdom for today's often overwhelming world.

There are also suggestions of an activity to try through each week – from baking bread for a neighbour to making a prayer den, we hope you'll find something here to inspire you to take the theme of each Sunday video into your day-to-day life all week long.

Week 1

Space Makers practice this week: Stilling

As we think about feeding and being fed this week, could you bake cake, muffins or biscuits and meet up with a neighbour, friends or family to share these treats or a meal together?

You could even design an invitation, create a menu, and make a table decoration.

When you gather, give each other the gift of listening through the question below. It doesn't matter if the answer is someone fictional, historical or present, but do ensure that everyone present has the opportunity to share and have their contribution valued.

If you could invite anyone to dinner, who would it be and why?

Week 2

Space Makers practice this week: Mending

When God's people don't match what they believe with what they do (say or think, or even don't do, say or think), they need a special way of expressing their sorrow to God. We do this today when we say the special sorry prayer called confession and we can do it this way because Jesus swapped in, taking the blame for our wrongs instead of us.



When we confess it's like us being squeaky clean after a shower or bath, so as your activity this week, how about you give some time to cleaning and tidying for the good of your church, school, local community or household?

Week 3

Space Makers practice this week: Noticing

Yeast is the magic ingredient in bread that causes the dough to grow bigger, lighter and fluffier. When you eat bread you can't see the yeast, but you can remember the work it's done and can be happy and thankful for yummy bread.

Take some time each day to remember what you've done. Who are the people who've helped you encounter God. How did they do it?

Write or draw them and keep them safe in a jar or box. Keep adding to the jar each day. At the end of the week have a look at them and see all the ways God has been with you in life and say a thank you prayer.

Week 4

Space Makers practice this week: Dwelling

As we think about the vine this week, we are mindful of where we dwell, inhabit, have our roots and what enables our roots to grow deep. You are invited to create a prayer space in your home. You could make it big with a den, a pop-up tent, a suitable corner or cubby. You could make it small with a blanket and a box or tray on the sofa. Ask each person in the household to contribute something to the prayer space – an ornament, book, picture, photograph, cushion.

Spend time dwelling in the space and consider where are you rooted? What do you need to help your roots grow deeper? How might you help others to grow too?

COME AND SEE

Week 5

Space Makers practice this week: Noticing

This week Bishop Stephen invites us to look at Rublev's Icon of the Trinity. Have a look at it here...

I wonder what you notice about the icon.

I wonder where you are in this picture or which part is especially for you or about you.

Have a go at drawing, painting, creating, building your own icon of the Trinity.



Week 6

Space Makers practice this week: Blessing

When we live the way of Jesus, we are called to be a blessing to others as we receive good things from God and are equipped by the Holy Spirit. We can give because we receive. We can love because we are loved.

How could you be a blessing to others this week?

One way is to go on a prayer walk around your area. As you walk, be mindful of people - neighbours, friends, family, strangers. And be mindful of places - school, church, nursery, uniformed group, sports team. Say prayers and ask God to bless them as you walk by their house or place.