

Discussion Plan

Jamie Jones-Buchanan

Theme

Silence



My dreams don't last forever, **only in Christ** do I find that which **lasts forever.**



Opener (5 minutes)

Discuss: Ask the person next to you – how long can they stay silent for? Do they find silence easy when there are no phones, TVs or iPads to hand? **Swap Over**

Think about: What do you find helpful about silence?

Video (3 minutes)

Watch Jamie Jones- Buchanan's video on Instagram or YouTube.

Links available here



Table Talk (10 minutes)

In today's video, Jamie Jones-Buchanan shares his thoughts on the importance of silence. For Jamie, silence was needed as a rugby player to listen to his teammates and to hear guidance from his coach. Rugby stadiums in silence give Jamie time to reflect on the memories he has had playing, and the lessons he's learnt on the way. Jamie learns more about God by taking 20 minutes out of his day to read the Bible in silence.

Around your table at home, church or in school, person next to you discuss these themes that came up in the video.

1

Like Jamie shared, silence gives us time to reflect on the memories and what they taught us along the way. Not all memories are good, sometimes they will be difficult, but everything has a lesson that we can learn from.

Question – What are some of your stand-out memories of the last year and how have they shaped you?

2

Silence enabled Jamie to grow and listen to wisdom. In order to become a better player for himself and his team, he had to listen to his coach, his teammates and God.

Question – Who do you listen to in the silence, to learn from, to become 'the best version of yourself'?

Action (7 minutes)

Jamie has recognised that God enabled him to be the best version of himself, as a father, a husband, and a son. That realisation for Jamie came in silence before God. Now, Jamie uses silence as an opportunity for growth. He's committed to 20 mins of silence a day to read the whole Bible in a year to continue that growth and learn more about God.

Discuss: How could you create a daily moment of silence to:

- reflect and get closer to God,
- become a better version of yourself,
- listen to the wisdom of others around you?

It might be when you wait for the school bus, making a cup of tea.

For Jamie, he reads his Bible, it may be that you want to talk quietly to God, look at a candle, walk in nature.



Think about your five: Think about your five friends that you committed to praying for at the beginning of these sessions. We all connect with God in different ways. How can you encourage your five to use silence as an opportunity for growth?

Prayer (5 minutes)



Prayer at Home

Take yourself to your favourite silent spot in your house or garden. Take this prayer with you and say it three times to yourself. Take a moment to breathe and sit in silence to think about what it means for you.

Father God, we thank you for the gift of silence and how I can grow closer to you in the quiet. I pray that you would help me to create moments of silence in my everyday life, using them to reflect on you and to grow into a better person. Show me the way.

Amen.

Prayer at School

Ask pupils to shut their eyes and sit in silence. Give pupils the space to reflect on this lesson and think about what they have learnt from it. Say this prayer to finish.

God, we thank you for how we can use the gift of silence to reflect on our memories – the good and the bad. We pray that we would embrace silence in our lives, to meditate on your story of love for us and how you are with us. Be with us today, we pray.

Amen.

Prayer at Youth Groups

Split into pairs (in break out rooms if you are meeting virtually). Person A, read this prayer over person B. Then swap over. Afterwards, take a moment to sit in silence and ask the Holy Spirit to speak to you. Share what you hear.

God, we thank you for your gift of love and peace. I pray that you would help ___ to use silence to reflect on your love for them and use the quiet to become the best version of themselves. You are our comfort and strength.

Amen.