

SILENCE

CHEEKY PANDAS

The Silent Disco

Saint of the Day

St Benedict wanted to follow Jesus from a young age and wanted to be really close to him so he spent three years living in a cave, being guided by a more experienced monk. The silence helped him to respond to God's call. Other men wanted to learn how to live as monks so St Benedict put together some rules to help them and started up communities so they could live out their faith together. The Rule of St Benedict is the most widely used guide to this type of life.

You will need...

- Video
- Paper and colouring in pencils or pens
- Presentation for Prayer



Key Learning: Sometimes we need to be quiet so that we can listen to what God is saying to us.

'The wise lay-up knowledge, but the babbling of a fool brings ruin near.'

Proverbs 10:14

Session Outline

1. Informal welcome as families arrive

2. Official welcome

Introduce the title, theme, and all members of your team to all present, including the person to contact if they have technical issues, questions or concerns.

Outline what will happen during this session, how long it will take, and the key learning for today's session.

Ensure they have any resources needed for the activity in the video.

3. Opening prayer

Heavenly Father,

We want to follow the example of Jesus by taking time to listen and follow your ways. Please help us to hear you when we are silent.

We make this prayer in the name of Jesus our Lord, Amen.

4. Warm-up activity

Since the theme for today is silence you could play a game with the children that is similar to the one they will see in the video. Ask them to get their paper and pencil ready and that in a moment they will be asked to be silent for a long as possible. We want them to see how long they can keep silent, so ask them to unmute so you can hear one another.

Tell them to get their pencils ready to draw or write whatever they can hear when they are silent.

You may want to ask someone to time the silence.

Then countdown to start.

The game ends as soon as someone makes a noise.

Once it is done, invite the children to show or tell you what they could hear when they were silent.

5. Saint of the day

St Benedict is our saint for today. As a young man, he wanted to be sure that he could hear God and follow him so spent times of silence in a cave. God worked many miracles through him. Other people were amazed at these miracles and wanted to live like Him, so he set up communities and rules to help them. He thought that by keeping silent our heart would hear what God wants to say to us. He said that:

'Speaking and teaching are the master's task; the disciple is to be silent and listen.'

6. Watch Video

What do you think the Panda's will learn at the silent disco, let's have a look?

8. Family challenge

Encourage the families present to talk about today's session using the following questions:

- On a scale of 1 – 10 how much would you like to hear from God?
- What distractions might make it difficult for us to hear God speaking to us?

If you will send the questions via email, mention it here so people can subscribe to your email list.



7. Group discussion

After the video, help the children explore the theme through using the following questions:

- How did the Pandas get on with their game?
- What happened when the Pandas couldn't hear?
- How have you heard God speaking to you?

If you have enough facilitators this can be done in smaller groups, using multiple rooms. However, if this is not possible, you can also ask people to respond via the chat and then ask them to tell you a little more.

10. Closing prayer

Begin with the Sign of the Cross

Prayer Intention: We pray for people who are distracted and confused, may they clear some space to listen to the still small voice of God.

Our Father - Hail Mary - Glory be

Leader: St Benedict,

All: Pray for us.

Leader: Mary, help of Christians,

All: Pray for us.

Finish with the Sign of the Cross