

# Mission Together

## Lent Activities: Listening



Inspired by the Gospel reading (Mk 9:2-10) in our *Week Two Lent Liturgy*, these activities reinforce the key message: **Listen to Jesus.**

**Introduction for children:** Can you remember the Gospel reading we heard in our prayer time? In it we heard how Jesus and his disciples Peter, James, and John, climbed a mountain. At the top the disciples heard God speak to them. God told them to do something. Can you remember what that was? God told the disciples to listen to Jesus. We are also disciples of Jesus, God asks us to listen to Jesus, too.

**Question:** How can we listen to Jesus? *Pause for responses.*

- We can hear Jesus speak to us through readings from the Gospels.
- We can hear Jesus speak to us through those who care about us: family members who tell us how to stay safe; teachers who teach us how to learn; friends who are kind to us.
- We can hear Jesus in our hearts, not in the way we hear someone speaking to us through our ears, but in the same way we hear thoughts in our head. Jesus speaks to us when we decide to share our sweets, or when we think about ways we can help someone in need, or when we think of a person who needs our prayers.

In all these ways – through the Bible, people who love us, our thoughts – we know that Jesus is speaking to us **when what we hear helps us to be more like Him:** sharing what we have, being kind to everyone, forgiving, helping, including people, being fair.

### We Listen in Prayer

Another special way we can hear Jesus is through prayer. Prayer is a conversation and like any conversation we have with our friends, in prayer we talk **and we listen.**

Sometimes we are so busy that we forget to pray or perhaps we think we do not have time.

If we want to listen to Jesus this Lent, we will need to make time to pray.

**Question** - When can we do this? *Invite responses.*

Sometimes it is hard to listen. But if we want to get better at anything, like playing sport or a musical instrument, what do we do?

We practise. If we want to get better at listening we need to practise. Let's do that this Lent.

# Lent Activities: Eager Ears



Ask the children why listening is important. Model being an attentive listener as they provide answers. Remind children that listening well helps us to learn, helps us to stay safe and well, and helps us to be good friends.

Ask the children why it might be good to listen carefully:

- to our teachers
- to our parents / carers
- to Jesus

## For this activity you will need:

- Copy of appendix one per pupil
- Scissors
- Sticky tape
- Coloured pens or pencils

To remind us how important it is to listen, and to help us practise listening carefully, we're going to make some *Eager Ears*.

## Instructions

1. Provide each pupil with a set of *Eager Ears* (appendix one). Ask them to cut carefully along the long thick black lines on the left of the page. This should leave two strips. Ask the children to connect these strips together with sticky tape to create a longer single strip. This will become a headband.
2. Ask children to write on the headband the words 'Listen to Jesus'. Children can also colour and decorate their headbands.
3. Ask children to set the headband aside whilst they cut out the ear shapes. They are to cut carefully around the thick black outside line only. The perforated line will be bent to create a tab.
4. Ask the children to attach the cut out ears to the grey box on the headband strip, with sticky tape.
5. Once the ears have been attached, ask children to create a headband by fixing the strip around their head and securing the two ends with sticky-tape. They may need the help of an adult for this.

Once ready, set challenges for the children whilst they wear their *Eager Ears*. For example:

Ask the children to stay silent, to shut their eyes (no fidgeting) and to pay attention to the different sounds they can hear around them. Ask them to do this for 10–60 seconds (depending on age).

After a suitable period of time ask the children:

- How many sounds they heard?
- Did they each hear different noises?
- How hard it was to stay silent?
- Did anyone hear the sound of their breathing?

Tell the children that by listening carefully to their chosen sound they were able to hear that noise above all the others. We can become even better at focusing on single sounds by practising our careful listening every day, especially in the classroom and also when we pray.



Mission Together is the children's branch of Missio, the Pope's charity for world mission.

23 Eccleston Square London SW1V 1NU 020 7821 9755 [missiontogether.org.uk](http://missiontogether.org.uk) [missio.co.uk](http://missio.co.uk)

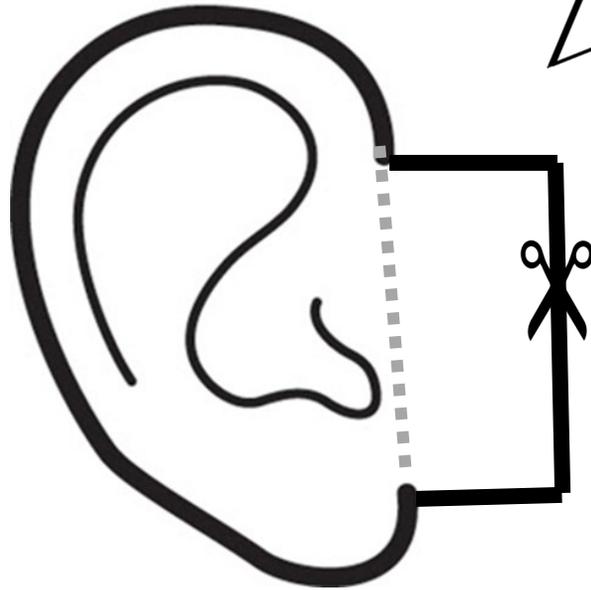
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1. Cut along these two black lines to make two strips. Once you have cut them out, sticky tape them together to make a long headband.



2. Next cut out your ears, going carefully around the thick black line around the outside.



Once you've made your headband, use the box shape to stick your cut out ears onto the grey boxes on your headband: one ear for each box.

