

Growing up

Biblical Material: Proverbs 12.1

‘People who want to grow in knowledge want to be told when they are wrong. Hating correction is stupid.’

You will need:

- A clean toy watering can/plastic bottle filled with water.
- A list of ingredients on the back of the bottle/can as in the drawing.
- A plant.
- A picture of a baby.

Introduction

Talk about the way we grow and change as we get older. One way of measuring growth is to measure height, another is to measure weight. Emphasise that we all grow at different rates. Show the picture of the baby. Talk about how much they weighed as babies and how much they have grown. Do not compare children with each other.

Core Material

People do not only grow in their bodies, they grow inside too, in their minds and personalities. This is difficult to measure. You cannot weigh this type of growth or measure it with a metre stick. You have to look for signs of it. One of the signs of growing inside is when people can accept being told they are wrong. This is extremely difficult to accept because it hurts our pride, but there is no growth without it. Growing up is not only a matter of age, it is a matter of attitude. Some children are very grown up in their attitudes.

Ask pupils what plants need to grow. Just as plants need water, sun and soil to grow, so human minds and hearts need a number of things to grow: love, security and helpful criticism.

Show pupils the bottle/can and tell them it’s a special formula that makes people grow. Ask a pupil to read the ingredients. Pupils might like to add some extra ingredients to the list.

Read the Biblical Material and explain how helpful criticism can help people to grow. Explain afterwards that it is only water in the can.

Prayer/Reflection

Three pupils can take it in turns to water the plant, saying a line each, if appropriate.

Like seeds in need of warmth and soil, we need a watering of love.

Like plants in need of sun and rain, we need a watering of care.

Like plants in need of heat and shade, we need a watering of help when we go wrong.

Note. For guidance on prayers and reflections see pages 9-11.

