



TO THE HEIGHTS



Week 5: Giving Our Hearts

LIVING MISSION, JUBILEE AND BEYOND

Gather

Connecting the journey so far

- Week 1: Water – Gave us strength and reminded us to notice people who feel lonely.
- Week 2: Bread – Showed us how sharing what we have helps others on the journey.
- Week 3: Time / Presence – Taught us to stop, listen, and be fully present for friends.
- Week 4: Sharing the Table – Reminded us that inviting others to join us for a meal or a conversation strengthens friendship and community.

This week we are at the top of the mountain. We give our hearts.

The heart symbolises love, care, and reaching out to others. Giving our hearts is about listening, helping, and being kind.

Listen

Use the questions on Slide 4 to predict what the story is about and refer back to them after. Share the scripture or use the summary below if easier.

John 19:25-27

Jesus' mother stood near his cross. His mother's sister was also standing there, with Mary the wife of Clopas, and Mary Magdalene. Jesus saw his mother. He also saw the follower he loved standing there. He said to his mother, "Dear woman, here is your son." Then he said to the follower, "Here is your mother." From that time on, this follower took her to live in his home.

Even in His suffering, Jesus showed true love by caring for Mary and John, giving them each other to support and walk with.

Respond

Jesus created a new friendship in a moment of sadness. He reminds us that no one should be left alone. We can offer love by giving someone our attention—a heart-to-heart moment.

- When have you felt better because someone stopped to listen to you?
- Who in our school might feel left out or lonely sometimes?
- What does a "heart-to-heart" moment look like— what do we do with our words, eyes, and actions?
- Who else in our school or local community could we have a heart-to-heart with to help them feel cared for?

Call to Action

This week, give someone a special 'heart-to-heart' gift:

1. Choose someone you know—a friend, classmate, or family member.
2. Sit with them and have a short conversation.
3. After your chat, fill in your heart template to show what you shared.
4. Exchange your heart template with that person to share.
5. Add both hearts to the Lenten wall display.

This is the big finish of our Lenten journey to the heights—noticing, listening, sharing, including, and loving others with all our hearts. For the children who would find this difficult, the 'heart to heart' could be with Jesus, i.e. time in prayer with Jesus to pray for those who are lonely or who don't feel listened to. They could fill in the alternative heart for the display.

Things you'll need:

- ☐ Week 5: Giving Our Hearts PowerPoint Slides
- ☐ Items for focal point: backpack, water, bread, sand timer, heart
- ☐ Bible
- ☐ Heart template printouts (Appendix 1)
- ☐ Gift a Heart template (Appendix 2)
- ☐ Heart to Heart Moments printout (Appendix 3)
- ☐ Pens and pencils



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Extension Activity

Heart-to-Heart Connections in Our Community

Aim of extension:

To help children share kindness and listening with people they know of in the wider community, always in a safe, guided way. Befriending is at the heart of the work of the SVP, so this is a great way to put this into action.

Activity:

As a group, decide on a community group the children can safely connect with, such as:

- Residents at a local care home
- Adult SVP members
- Parish volunteers
- School governors
- Parents or grandparents visiting for a short session
- A local charity partner known to the school

Before the visit or meeting, practise asking gentle heart-to-heart questions. You could pick some from the worksheet or make up your own.

The children have their heart-to heart conversations, supervised by an adult leader.

The focus is simply to:

- listen well
- make eye contact
- show interest
- share a little kindness

After the conversation, both the child and their conversation partner fill in their heart templates and feed back to each other. These can be collected in for your display board. The children might like to decorate a small heart (see Appendix 2) to leave with their conversation partner. It reads:

Thank you for sharing with me. You are important to our community.

Reflection

When you are back at school or back in your parish Mini Vinnies group, discuss the following questions:

- *How did it feel to listen deeply to someone?*
- *What did we learn about our community?*