



Weekly Resources for Collective Worship, Spiritual  
Development and Pastoral Care

**PHASE: SECONDARY**

**WEEK 1 THEME:  
HOPE**





## KEY CONCEPT/MESSAGE:

**Hope** is fuel for our soul. Often in life, we find ourselves in need of hope, especially in difficult or worrying times. However, Jesus teaches that hope is an unbreakable spiritual lifeline; something that can grow through encouragement and faith and something that is to be shared with others (Hebrews 6:19-20).

### ***EVERYONE CAN BE A HOPE CARRIER***

**Hope** is like a baton used in a relay race. It's supposed to be held tightly as you run with it. However, hope is also too precious to keep to ourselves – it's supposed to be passed onto someone else. When we receive hope, there's always a greater purpose than just us. **Hope** comes to us, in order to flow through us. Who is 'running' alongside you this week who you can pass the baton of hope to?

## BIBLE STORY OF THE WEEK:

The Road to Emmaus (Luke 24:13-35). When we feel we have lost hope, others can give it back to us. We, in turn, become carriers of that hope to others.

## TO CONSIDER AS YOU PREPARE

**KEY QUOTE OF THE WEEK:** *'May your choices reflect your hopes not your fears'* (Nelson Mandela)

**LISTEN:** 'Cornerstone' song <https://www.youtube.com/watch?v=izrk-erhDdk> This song is an encouragement to hold on, regardless of our circumstances – even in 'every high and stormy gale', to hope. For Christians, this hope is placed in Jesus Christ, whom they call 'The Cornerstone'.

Wonderful World by Louis Armstrong: <https://www.youtube.com/watch?v=DRONFXoXsj0> For many people, looking at the wonder of nature can give them a new perspective and a renewed sense of hope. Where do you go to find a new hope?

**WATCH:** 'What is your hope?' Simple activity for schools - <https://www.youtube.com/watch?v=dlcU5uHMdTM>

**THINK:** Using the images below, take a moment to think about the following: Where do you find your hope? What kind of hope do those around you need? What makes hope grow in what seem like barren and difficult circumstances?



**PRAY:** Dear God, thank you that you are a refuge and in you I can find real hope. Help me to hear you saying, "I am your hope" over and above all the other voices that jostle for my attention right now. Lord, your word says, you are the 'hope for hopeless' so I lean into you and make a decision to trust you to be the hope I need today. Fill me with your hope and give me a tangible reminder that hope is an unbreakable spiritual lifeline. God, you know those things in my heart that I dare to hope for. Today I give them to you, I entrust them to you because I know that you can do more than I could ever imagine or ask for (Ephesians 3:20). God, thank you that I can put my hope and trust in you. Amen.

# I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

## GATHER:

Find some space to be quiet, without interruptions. You might like to light a candle as you begin. You may like to use this reflection, based on Psalm 46:10, to help you to be calm and still. Read the words slowly. Try to slow your breathing down as you read.

Be still and know that I am God.

Be still and know that I am.

Be still and know.

Be still.

Be.

## ENGAGE:

In today's Bible story, two of Jesus' disciples are walking home, feeling fed up. They had put all their hope in Jesus, and now they feel confused and disappointed, because Jesus has been crucified, yet there are rumours that he is alive. In the middle of their confusion, a stranger comes and walks beside them...

Click [here](#) to read the story. Let's read together:

"We had hoped ...." – those words from the Cleopas and his friend speak of disappointment and sorrow. For us, too, sometimes things don't work out as we had hoped or planned, and this can be upsetting. Maybe we know how Cleopas and his friend felt ...

Cleopas and his friend share their worries with the stranger they meet on the road. They somehow know that they can trust him. I wonder, who are the people you feel able to talk to and trust with your hopes and fears? I wonder, what are you hoping for right now?

At the beginning of the story, Cleopas and his friend feel hopeless. They share their worries, they realise that the stranger they have met is, in fact, Jesus, and then at the end of the story, they turn around and hurry back to Jerusalem to tell the other disciples that Jesus is alive. They have become hope carriers, bringing hope and joy to other people. I wonder – what are the things that bring you hope, or make you smile?



Look at this picture.

The man in it looks like he is going on a journey of his own(!), but what do you think is happening? Click [here](#) to watch the news story to find out!

How is he being a **hope carrier**?

What difference does what he is doing make?

## REFLECT:

(You may like to listen to this piece of music while you reflect: <https://www.youtube.com/watch?v=IPq4U9bvdis> (Stronghold, by Edwin Fawcett), and to write down some of your thoughts)

Think about where you are right now:

What are the things you hope for, for yourself and for other people?

What *one thing* would you like to do today to be a hope carrier and bring happiness to other people?

Who are the people that support you and listen to you?

## SEND OUT:

You may want to share how you will be a hope carrier with your family. You might also like to say a prayer – you could use this one, or your own words:

Loving God, help us to trust you with our hopes and our fears and show us how we can be carriers of your hope for other people. We ask this in Jesus' name, Amen.

## 2. SPIRITUAL DEVELOPMENT

*(practical ways to help us explore faith and develop spiritually at home together)*

### EXPERIENCES that can help us ENCOUNTER:

**TWEET IT:** There is a lot of negativity on social media at times. People are often negative to each other and negative to ideas. Think about the idea of hope and design a tweet in a maximum of 140 characters that sends a clear message of hope to others. What do you think is the most important thing people need to hear to help them through difficult times?

**PRAY ABOUT IT:** Use the 5 step **examen** prayer to reflect on your hopes.

1. GIVE THANKS for something that was good today.
2. ASK FOR HELP with something you have lost hope for.
3. REFLECT on your day and think about the things that made you feel hopeful and the things that felt unhelpful.
4. SAY SORRY for the times you gave up hope or took away someone else's hope.
5. DECIDE how you will keep hold of hope tomorrow.

### ACTIVITIES that can help develop PRACTICES-HABITS:

#### Journaling

This is a great way to get thoughts, ideas and experiences out of your head and onto paper in a creative, calming way that helps us to really understand what is going on and to emotionally engage and respond. Hope is a great topic to do this with. Maybe write it big and bold and around it write down thoughts, reflections and prayers around where your hope lies. It can help to see things from a more realistic and positive perspective!

Or you could try drawing an El Salvadorian cross themed upon hope (which is a cross shape, full of bright colourful pictures and images)

## 'Kicking the Leaves' Activity

There are reminders all around us of hope, even at times that seem uncertain and bleak. Sometimes they are really easy to see and at other times we have to look harder. But they are there! Today get outside and look for signs of hope - the challenge is to see and take a photograph on your phone of 5 things that inspire hope, then show them to your friends, class or family. For example, a flower growing from a crack in the pavement, some shiny new shoes, or a foodbank collection point.

## CONVERSATIONS STARTERS that can help develop RELATIONSHIPS-COMMUNITY:

Watch: [https://youtu.be/rLYI74n\\_KWA](https://youtu.be/rLYI74n_KWA)

- What do you cherish the most?
- Do you ever find it difficult to be hopeful?
- What or who gives you hope for the future?
- Can you describe how hope makes you feel inside?
- What would you want to be doing, if you were able to?
- How do you want your new chapter to begin?

Right now, some people are feeling isolated, sad and alone. For some people they are struggling to see the hope. Think of a person, you think might be struggling and do something practical to encourage them.

Watch: <https://youtu.be/nwAYpLVyeFU>

- Who would you like to spend time with right now if you could?
- How can you reach out to someone?
- How could you pass on hope to someone else?

## 3. PASTORAL CARE - *ideas for looking after...*

### **Ourselves & Our staff**

Why don't you set up a noticeboard where you can note moments which give you hope? Then, in times when it is harder to remain hopefully, you can look back and remind yourself the reasons you had to be hopeful. This might be something you share, since encouragement is key to sustaining hope.

### **Our families & Our community**

Why don't you encourage your families to start a 'hope jar'? Every time you say the phrase, "I wish I could..." you can write down what you wish you could do and pop it in the hope jar. From time to time, take a note or two from the jar, give thanks for the little things in life and make plans to do that thing as soon as you can.

You could also start a prayer wall or washing line where students, colleagues and families could post or hang prayers of hope for themselves and their communities. People can visit and quietly pray and answers to pray can also be updated to encourage others who need hope.



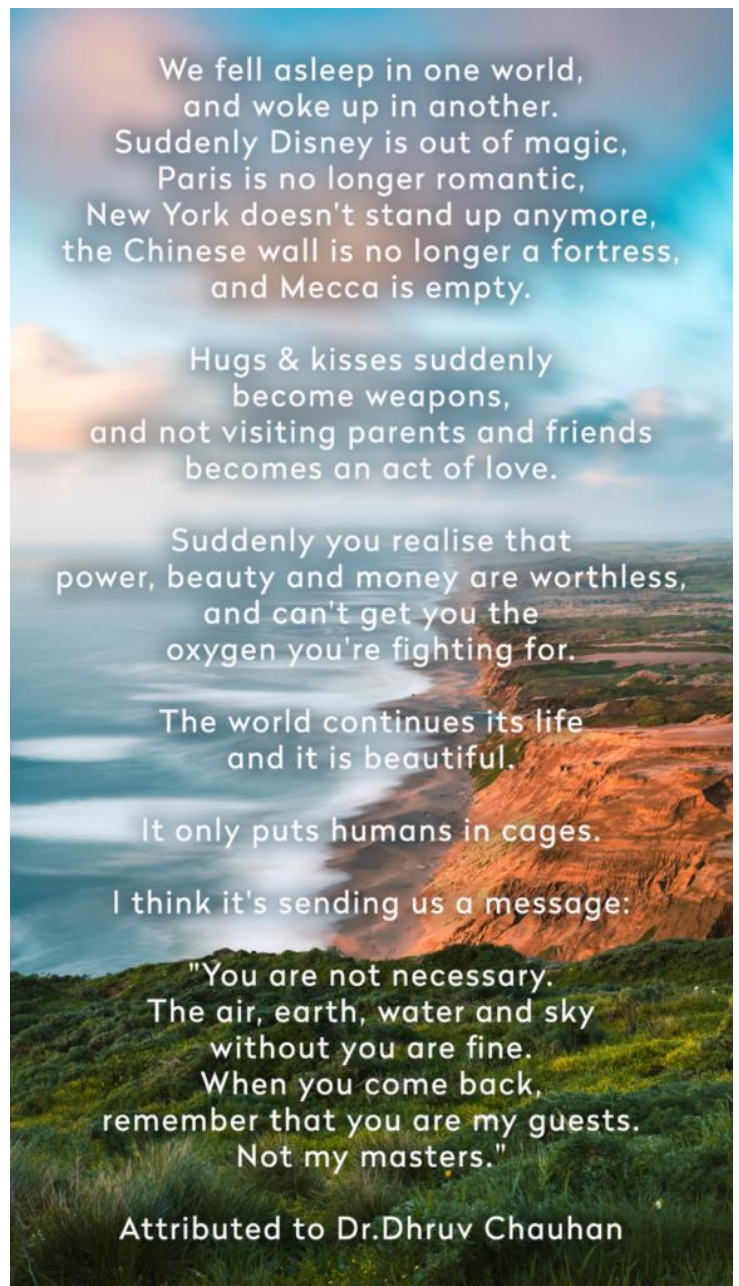
## GOING DEEPER/FURTHER RESOURCES

**Read** the poem *We fell asleep in one world...*

How does this make you feel?

Does it give you hope?

How might it change the way you live after lockdown?



**Read** this blog from 'Psychology Today'. It explains some practical strategies you can undertake to find hope. [Click here](#) for the link.

**Explore** the website 'Project Hope Exchange'. How can you give hope and get hope? In other words, how can you find hope as well as being a source of hope for someone else? [Click here](#) to go to their website.

**Create** a series of social media posts that encourage young people when they need hope. For examples, see #dailyjolt at [www.bustedhalo.com](http://www.bustedhalo.com) or practical ways to reach out to others at [www.40acts.org.uk](http://www.40acts.org.uk).

**Watch** a film clip from 'Despicable Me'. An act of sharing something small leads to the restoration of hope:  
<https://www.youtube.com/watch?v=yFd-ubXcoyQ>.

**Meditate and reflect** by praying these prayers of hope: [https://youtu.be/\\_8AYhU5zKcM](https://youtu.be/_8AYhU5zKcM).



Weekly Resources for Collective Worship, Spiritual  
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**PHASE: SECONDARY**

**WEEK 2 THEME:  
COURAGE**





## KEY CONCEPT/MESSAGE:

**ZERO to HERO:** 'All of us, no matter who we are, or how insignificant we may think we are, has the potential to be a hero'



It is sometimes hard to stand firm, be brave, show courage when everything around us causes us to be worried or scared. Throughout the Bible though, we are told that God will be with us, always, and therefore, we should be able to conquer our fears. God commands us to have courage, having faith and confidence in Him.

## BIBLE STORY OF THE WEEK:

*"No one has greater love than this, to lay down one's life for one's friends. You are my friends if you do what I command you. I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father. You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name. I am giving you these commands so that you may love one another."*

Jesus speaking in John 15:13-17(NRSV)

## TO CONSIDER AS YOU PREPARE

**KEY QUOTE OF THE WEEK:** *'Integrity is doing the right thing. Even when no one is watching'* CS Lewis

**LISTEN: "Give us your courage" - Tim Hughes**

[https://www.youtube.com/watch?v=nBE4v8IVlfs&disable\\_polymer=true](https://www.youtube.com/watch?v=nBE4v8IVlfs&disable_polymer=true)

This song is an encouragement to stand firm in the face of huge challenges – "For the truth of your Word we will stand. Give us your courage"

**"Heroes" by David Bowie - sung by the Coach Choir**

[https://www.youtube.com/watch?v=DO0kAtg9dRw&disable\\_polymer=true](https://www.youtube.com/watch?v=DO0kAtg9dRw&disable_polymer=true)

Over 6000 strangers from 45 countries submitted a video in 3 days to sing 1 song. It's dedicated to all the frontline heroes who are keeping us safe in the midst of the Covid-19 global pandemic

**WATCH:**

**What is courage?**

A short video with some intriguing thoughts about what courage may look like.

[https://www.youtube.com/watch?v=QlfEiLvxCoy&disable\\_polymer=true](https://www.youtube.com/watch?v=QlfEiLvxCoy&disable_polymer=true)



- What do these pictures make you think of?
- How do they demonstrate qualities of courage or lack of?
- How are the qualities of hero and superhero different? Or are they?

**PRAY:** Heavenly Father, Help us to be courageous people in our homes, neighbourhoods and places of work. Please help us to be people that seek to do good even when no-one is looking. Please help us to show courage even in the most difficult of times. Amen

# I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

## GATHER:

Find a place where you can be still, without interruptions. You might like to light a candle as you begin.

- I wonder what is the bravest thing you've ever done?
- Why did you do it? How did it make you feel?
- Would you do it again?

## ENGAGE:

In today's Bible story, from John 15:13-17, Jesus talks about having the courage to put others first; we are called to show love for others. Sometimes though, this might put us at risk and Jesus says it is the greatest love (and the greatest courage) that leads us to be willing to put the lives of others before our own.

Let's read the story together:

<https://www.biblegateway.com/passage/?search=john+15%3A+13-17&version=NIVUK>

There are lots of stories about our NHS workers and other essential workers who are risking their lives, showing great courage, and going to perform their frontline work so that our lives can continue. They are showing a greater love and courage.

Many of our NHS workers are living separately from their families during this time, to help to keep them safe. One such nurse is Sam. She has left her daughter, Rosie, and her husband (who is poorly) to keep them safe. As you watch this video celebrating their courage and heroism, think about the courage that they have both shown.

<https://www.facebook.com/callthemidwifeofficial/videos/154813759301800/>

You may have heard lots of stories of people who have done this before. Have you heard of Maximilian Kolbe? He was a priest when WWII broke out and was put into a concentration camp, as he was caught helping the Jews to escape Poland. He showed both great courage and love. One day the guards at the camp selected several prisoners to be killed, Kolbe asked to be selected so he could save the life of one man. He saved the life of a man called Franciszek Gajowniczek. Kolbe did not know this man, but knew that he was called by God to show both love and courage.

A few weeks ago in Italy a Roman Catholic Priest Fr Barardelli was given the use of a ventilator that was needed to save his life as he was suffering with Coronavirus. The people who went to his church had paid for the ventilator to save him as everyone loved him as he was a great priest. On seeing the other patients in the ward, Fr Barardelli refused the ventilator as there were other, younger patients who needed it. He was willing to give his life to save another, showing great courage.

Watch this clip about Fr Barardelli <https://www.youtube.com/watch?v=upox9NO0D2c>

I wonder, what causes you to be courageous? Would you ever be willing to put others before you?

## REFLECT:

Think about what courage leads to:

- What do you think we need to be courageous?
- How do we show our courage?
- How can we give courage to others – to literally en-courage them?

## SEND OUT:

Think about when you have shown courage. How did it feel? Why did you decide to be courageous at that moment?

Think about those today who are being courageous to help others at a risk to themselves.

Think about how you might show courage today. How could you be a hero?

You might also like to say a prayer, asking God to help you.

Finish by listening to Search for the Hero by M People <https://www.youtube.com/watch?v=ntuqTuc6HxM>

## 2. SPIRITUAL DEVELOPMENT

*(practical ways to help us explore faith and develop spiritually at home together)*

### EXPERIENCES that can help us ENCOUNTER:

1. Read a book, poem or perhaps even a letter with characters that raise the issue of courage, e.g. poems and letters from those in the First World War. Explore together how the main character showed bravery, did they consider themselves courageous, would other characters or others reading their story now think them courageous.

2. Look at the website of the Help for Heroes charity. Consider some of the testimonies it contains—perhaps you could join with others on a fund-raising activity or set one up?

### ACTIVITIES that can help develop PRACTICES-HABITS:

**1. Mealtime** is family together-time. Even if you regularly don't eat meals together, you can still create activities that nurture faith during mealtime.

Assign table-setting chores and the before-dinner prayer to different family members. It's good to have everyone pray with each other at the same time.

Encourage conversation. Ask open-ended questions at the table. Ask each person, "What's the best thing that happened to you today? the worst?"

**2. Serve others in love-** Don't underestimate the transformation that can come in your family as you joyfully and humbly serve others. Jesus Himself — the King of kings and Lord of lords — came as a servant and modelled what it looked like to love and serve others. Mark 10:45 tells us that "even the Son of Man did not come to be served, but to serve ...", and Jesus tells us in John 15:12 to love others as He loved us. This includes *demonstrating* or showing our love by serving others! Make serving others a habit of your home.

## **CONVERSATION STARTERS that can help develop RELATIONSHIPS-COMMUNITY:**

1. Neighbours-Can you name the people who live next door? How well do you know your neighbours?

Can you think of something you could do that would bless or encourage your next-door neighbours, whilst maintaining social distancing?

2. Family Members-Can you think of a family member you have not been in contact with for a while? Could you use social media to make regular contact with those nearest and dearest, whether it be family, friends or work colleagues?

## **3. PASTORAL CARE - *ideas for looking after...***

### **- Ourselves & Our staff**

In schools we speak with children all day, every day and yet always call parents with concerns. Why not deliberately identify 2 or 3 different pupils each week to individually ask about how they're getting on?

### **-Our families & Our community**

Newsletters are an easy way to circulate information and we all have stories to tell. Why not ask pupils, parents, staff and so on to share their stories about the current situation? Easy to organise with digital technology. Maybe even consider a regular blog that staff and students could contribute to.

## GOING DEEPER/FURTHER RESOURCES

### Suggested quotes to use or explore their meaning further-

'I beg you take courage; the brave soul can mend even disaster.' Catherine the Great

'Disturb us Lord, when we are too well pleased with ourselves'-the start of a prayer that could be explored, attributed to Sir Francis Drake, believed to have been written by him before setting sail from Portsmouth in 1577. The journey would lead to his knighthood and fame as the second person ever to circumnavigate the globe.

'Courage is not the absence of fear, but rather the assessment that something else is more important than fear.' Franklin D. Roosevelt

"May **your choices reflect your hopes**, not **your** fears." Nelson Mandela (This was explored by the Archbishop of Canterbury in the first National Assembly, broadcast on April 30th and it can be found and listed to again on the Oak National Academy site)

### Biblical references

There are many examples of courage being shown in the Bible. Here is just a selection:

- **Daniel chapters 1-6**

Daniel had plenty of reasons to be afraid. He had been captured as a teenager, separated from his family, forced to live amongst people he knew very little about and who did not share his faith. Yet throughout the testing times that Daniel found himself in, he did not allow his fears to control him, Daniel focussed on God, his faith. And it is that which gave him his courage. Daniel remained faithful to God, refusing to follow the pagan laws and ways. As a result of his courage, love, faith and obedience to God he flourished in a foreign land.

- **Shiphrah and Puah (Exodus 1:15-21)**

The king of Egypt commanded that the Hebrew midwives - Shiphrah and Puah - were to kill the baby boys born to the Hebrews, as the Egyptians were worried about the increasing number of Hebrews. These women defied the king; they had the courage to stand up against the most powerful authority, because of their faith in God. They knew what the right thing to do was and they had the courage to do it. The Bible tells us that their courage is rewarded with the eventual birth of Moses and in turn the liberation of the Hebrews from slavery.

- **Esther**

King Xerxes was a very powerful king, ruling over land from India to Ethiopia. After his first wife had defied him, he chose Esther to be his wife. Unbeknownst to Xerxes Esther was Jewish and she had been advised to keep it a secret. Sometime later the King appointed a man named Haman to Prime Minister. Haman persuaded King Xerxes to sentence all the Jews in the Empire to death. Esther had the courage, risking her life, to go to the King and reveal her Jewish roots. As a result of Esther's courage, the Jewish people were saved from extermination.

- **David and Goliath (1 Samuel 7)**

Goliath challenged the Israelites to fight him. He must have been a terrifying sight at nearly 3 metres tall and after almost 40 days of Goliath challenging the Israelites no one had stepped forward. David was not scared of Goliath, he firmly believed that God would be there with him and keep him safe. As a result of



his great courage and faith, David was successful and defeated the giant with just slingshot and a single stone.

- **Deborah (Judges 4)**

Deborah was a prophet and a judge, who would just sit under a certain tree giving out her advice. One day she told a man to take 10,000 men and lead them into battle. He refused to go unless she went with him. Deborah had no experience of battle and this was very much outside of her comfort zone. However, she had the courage, and faith in God, to make the decision needed and act.

### **Find out more**

1. The courage shown by Sia Kolisi growing up playing Rugby in South Africa and the remnants of Apartheid
2. One parent told us about the courage shown by a battalion, the Gloucestershire Regiment, who took part in the Battle of the Imjin River started during the Korean War, at which the 'Glorious Glosters' earned that title.

The Glosters' story is one of extraordinary bravery and resilience on the battlefield, but also in captivity, at the hands of their brutal captors. See the story of Lt Terry Waters GC:

<https://www.timefortruth.co.uk/content/pages/documents/I400428474.pdf>.

Below is a link to an image from Flickr - a waxwork of Lt Col Carne in a to scale box which he was kept in solitary confinement in. It shows him carving a cross. It's from this link:

<https://www.flickr.com/photos/pefkosmad/I5225573291/in/photostream/>

The parent went on to describe the impact on them- "Each day at my school I passed the little stone cross carved (with a nail) by the Commanding Officer while in solitary confinement. The power of faith for that community of POWs and the resilience it gave them in the face of great adversity, helps bring me strength today."

3. Time magazine has collected together a group of stories about key workers in America and how they are having to show courage each day as they go to work. <https://time.com/collection/coronavirus-heroes/5816885/frontline-workers-coronavirus/>

4. Read: Journeys: Children of the Holocaust Tell Their Stories - Stephen D. Smith

The story of children who survived the Holocaust and the people who rescued them.

5. Watch this inspiring video Courageous by Casting Crowns <https://www.youtube.com/watch?v=pkM-gDcmJeM>

6. Watch a film clip from Eddie the Eagle [https://www.youtube.com/watch?v=--P3c\\_fcHfk](https://www.youtube.com/watch?v=--P3c_fcHfk)

7. Music you could explore-

Hercules song- zero to Hero

[https://www.google.com/search?rlz=ICIRLNS\\_enGB667GB728&q=zero+to+hero&spell=I&sa=X&ved=2ahUKEwjE6sXT5\\_7oAhUwQxUIHaPNAtwQBSgAegQIEsAl&biw=1536&bih=723&dpr=1.25](https://www.google.com/search?rlz=ICIRLNS_enGB667GB728&q=zero+to+hero&spell=I&sa=X&ved=2ahUKEwjE6sXT5_7oAhUwQxUIHaPNAtwQBSgAegQIEsAl&biw=1536&bih=723&dpr=1.25)

Ariana Grande Zero to Hero

<https://www.youtube.com/watch?v=oidup-PtBZQ>



Weekly Resources for Collective Worship, Spiritual  
Development and Pastoral Care

**PHASE: SECONDARY**

**WEEK 3 THEME:  
LOVE**





## KEY CONCEPT/MESSAGE:

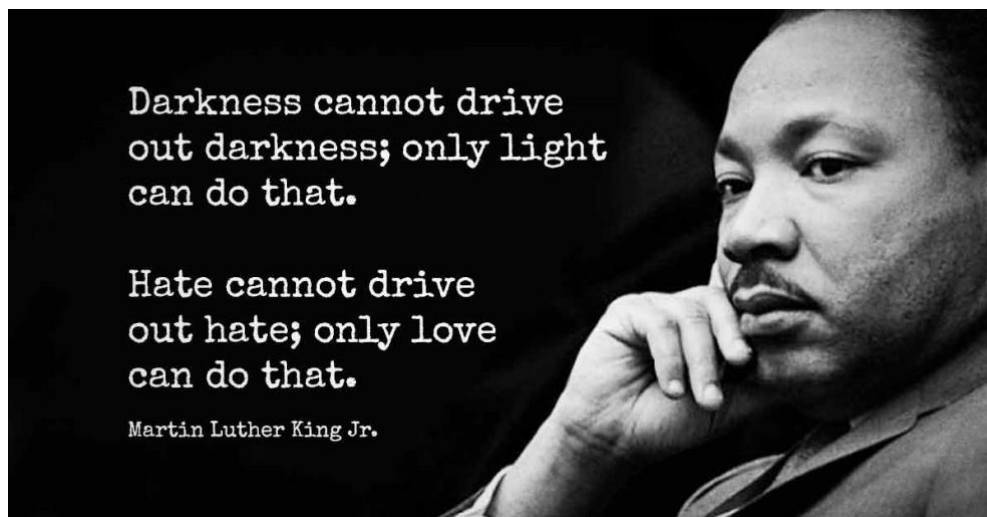
**KEY CONCEPT/MESSAGE:** Christians believe that Love is the greatest thing they are called to. Jesus said “Love the Lord your God and Love your Neighbour as yourself”. This means loving those who may be different to us, or more challenging to show love to. It may also involve a level of discomfort on our part.

## BIBLE PASSAGE & STORY OF THE WEEK:

**BIBLE STORY OF THE WEEK:** The Good Samaritan: Luke 10:25-37 & Mark 12: 28-31

“Of all the commandments, which is the most important?” “The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbour as yourself.’ There is no commandment greater than these.”

But the expert in the law wanted to justify himself so he asked: ‘And who is my neighbour?’



## TO CONSIDER AS YOU PREPARE

## KEY QUOTE OF THE WEEK:

*'Every unselfish act of love whispers God's name.'* Bob Goff, *Restore International*

**LISTEN:** *Where is the Love?* by the Black Eyed Peas asks challenging questions about who we should be showing love to and how:

<https://www.google.com/search?q=where+is+the+love%3F&ie=&oe=>

*Reckless Love* by Cory Ashby: <https://www.youtube.com/watch?v=Sc6SSHuZvQE> This Christian worship song is about God's unconditional love for mankind. It uses the analogy of the lost sheep to describe the Christian belief that God loves everyone so much, that he will come and find us.

*Love Divine, All Loves Excelling* by Charles Wesley:

<https://www.youtube.com/watch?v=sw5ZCZeS32M> The words of this favourite hymn describes the love Christians believe that God has for mankind and how they see Jesus as the ultimate demonstration of this love.

**WATCH:** The Bible Project Shema series: <https://bibleproject.com/explore/shema-listen/>

**PRAY:** Lord God, thank you that you first love us. Help me to love you with all my heart, soul, mind and strength. Help me to love others as you love me. Help me to communicate your love to others this week by my actions and my words. In Jesus' name, Amen.

## THINK:



What does this picture make you think of?

Is it better to give or to receive love?

How would you characterise the love of the parent, and the love of the child?

Which do you need right now?

# I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

## GATHER:

Find a place where you can be still, without interruptions.

You might like to light a candle as you begin to remind you that Jesus is the Light of the World.

## ENGAGE:

What do you think is happening in this picture?



In today's Bible story, Jesus talks about the Good Samaritan – a stranger who helps an injured person, who would normally be considered his enemy.

**Read** the passage together: Luke 10:25-37 or Mark 12: 28-31

<https://www.biblegateway.com/passage/?search=luke+10%3A25-37&version=NIV>

Thinking of the story Jesus told, can you think of a real-life situation where someone has acted as a “Good Samaritan”?

**Watch** this video, giving a modern interpretation of The Good Samaritan, produced by the Bible Society:

<https://www.biblesociety.org.uk/what-we-do/england-and-wales/the-good-samaritan/>

**Discuss** the different ways in which people respond to Sam depending on how he looks. Who are we willing to give help to? Why might we not feel able to help others?

**Look** again at the picture.

Who else would you expect to help the injured man? What might be their excuses for not doing so?

What happens next?

Share a real-life story that you know of, about a situation involving people in need, where help came from an unexpected person or group: perhaps something you have seen in the news.

**Consider** the idea that Christians believe that by loving their neighbour they are communicating the love of God to others.

## REFLECT:

In the Bible story, the expert in the law asks: “So who then is my neighbour?”

### **LOVE THY NEIGHBOR**

THY *HOMELESS* NEIGHBOR

THY *MUSLIM* NEIGHBOR

THY *BLACK* NEIGHBOR

THY *GAY* NEIGHBOR

THY *IMMIGRANT* NEIGHBOR

THY *JEWISH* NEIGHBOR

THY *CHRISTIAN* NEIGHBOR

THY *ATHEIST* NEIGHBOR

THY *DISABLED* NEIGHBOR

THY *WHITE* NEIGHBOR

Who do you think your neighbour is?

Is there anyone whom you don't think counts as your 'neighbour'?

Are there people you find it more challenging to show love to?

Why do you think that is?

What could help you to overcome any barriers you have towards others?

## SEND OUT:

See if there is an opportunity to help someone else this week – to show love for your neighbour. For example, could you contact someone who you think may be lonely or in need?

Highlight things that have caught national attention e.g. Captain Tom Moore.

### **PRAY:**

Thank you, God, for the times I have been helped and shown love by others.  
Help me to spot and act on opportunities this week - to love my neighbour as myself.  
Amen.



## 2. SPIRITUAL DEVELOPMENT

(practical ways to help us explore faith and develop spiritually at home together)

### EXPERIENCES that can help us ENCOUNTER:

**Remind** yourself that you are loved: Think of a person, hold an object, look at a photo, find a quote, draw something you remember or a symbol of being loved. You may find it helpful to use the Lord's prayer to remind yourself of God's love.

**Design** a wall design – gather together pictures of people in our world today who may need our help. For each picture, record answers to the following:

"I might not want to help this person because....." or "I would find it difficult to help because....." followed by "But, I could show [God's] love to them by....."

You could add to this each time you notice someone in need. You might like to light a candle for them and/or say a prayer, asking God to help them.

### ACTIVITIES that can help develop PRACTICES-HABITS:

Your nearest neighbours are in your family. **Read** about love languages and ask a family member how you can show that you love them today.

<https://www.5lovelanguages.com/5-love-languages/>





Everyone gives and receives love differently, but with a little insight into these differences, we can be confidently equipped to communicate love well. This is true for all forms of relationship – for couples, for children and teenagers, for friends and co-workers, for long-distance relationships, or even – at this time – socially-distanced relationships. Understanding how we give and receive love can help us understand how others might like to be shown love, too.

Ideas include: Washing up (act of service), playing a game (quality time), giving encouragement (words of affirmation), giving a hug (physical affection), making a small homemade present (gifts).

Why don't you make up a quiz to find out someone's main love language?

How can you 'speak' their 'love language' and show them you care?



Love Language	How to Communicate	Actions to Take	Things to Avoid
 Words of Affirmation	Encourage, affirm, appreciate, empathize, compliment. Listen actively	Say I love you Write notes saying you are proud of them. Praise them in front of others. Be specific in your praise	Non-constructive criticism, not recognising or appreciating effort.
 Physical Touch	Non-verbal - use body language & touch to emphasize love.	Hold hands, give hugs, pats on the back. Read stories together Give family group hugs	Physical neglect, abuse of any kind.
 Receiving Gifts	Gifts & gestures show that you are known, loved and cared for.	Give thoughtful gifts & gestures. Small things matter in a big way. Express gratitude when receiving a gift.	Forgetting special occasions, unenthusiastic gift receiving.
 Quality Time	Uninterrupted and focuses one-on-one time. Give undivided attention. Watch as they are playing.	Create special moments together. Make eye contact Pay attention to details Eat together as a family.	Distractions when spending time together. Long stints without one-on-one time.
 Acts of Service	Use action phrases like "I'll help..." They want to know you're with them and there to help.	Do chores together. Work on projects together. Pick them up on time.	Making the requests of others a higher priority, lacking follow-through on tasks big and small.

BASED ON "THE 5 LOVE LANGUAGES", A BOOK BY GARY CHAPMAN

EQ4Kids is part of the *Scots of Inspiration* movement

## CONVERSATIONS STARTERS that can help develop RELATIONSHIPS-COMMUNITY:

- Who is my “neighbour”?
- Can you love and hate someone at the same time?
- How do you know someone truly loves you? What would you expect them to do for you?
- What do you do to show someone you love them? How does their response make you feel?
- How important is respect in showing someone love? Can you love someone without respecting them?
- How could love help to build your community and the relationships within it? What difference does love make to a community?

## 3. PASTORAL CARE - *ideas for looking after...*

### Ourselfs & Our staff

**Identify** your own love language (<https://www.5lovelanguages.com/5-love-languages/>) so you know how to care for yourself at this challenging time, and also know how to ask for the kind of love you need.

We discover people’s love languages by observing them and noticing what is important to them. What do you notice your staff doing? How might this communicate the way in which they experience and receive love?

### Our families & Our community

Think about who in our school community particularly needs help right now?

Is there anyone who is more challenging to love?

How can we demonstrate our love for one another, even though we are far apart physically?

Share acts of love within our community through the school website, social media or newsletters. Love is contagious – it’s amazing how quickly it can spread!

## GOING DEEPER/FURTHER RESOURCES

**Find** Bible verses and passages about loving God and loving one another. Here are a few to get you started:

Now find a modern day quote you like about love. How do they compare?

Where do you see similarities? Where do they differ?

### Ten ways to love

1. Listen without interrupting. (Proverbs 18)
2. Speak without accusing. (James 1:19)
3. Give without sparing. (Proverbs 21:26)
4. Pray without ceasing. (Colossians 1:9)
5. Answer without arguing. (Proverbs 17:1)
6. Share without pretending. (Ephesians 4:15)
7. Enjoy without complaint. (Philippians 2:14)
8. Trust without wavering. (Corinthians 13:7)
9. Forgive without punishing. (Colossians 3:13)
10. Promise without forgetting. (Proverbs 13:12)

**Explore** what different religious leaders have been during lockdown to show love to their neighbours. Here’s one example of a Church of England vicar:

[https://twitter.com/RuthHulse?ref\\_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor](https://twitter.com/RuthHulse?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor)

**Watch** 'Rich Tea's Love' video which explains the 5 Love Languages in more detail:

<https://www.youtube.com/watch?v=HT2PjO94ZAE&t=11s>

**Create** a Tik Tok to a song about a love and try to include the love languages.

**Listen/Watch:** What song would you choose to best summarise your understanding of love? What kind of love is this?

e.g. Mika- Love today- <https://www.youtube.com/watch?v=AWiccrTB4LM>

Frank Sinatra- Love <https://www.youtube.com/watch?v=tmSzRx9RYLk>

Lewis Capaldi - Someone You Loved <https://www.youtube.com/watch?v=zABLeCsR5UE>

**Watch** Agape Love video from the Bible Project: <https://youtu.be/slyevQILW7A>

# COLLECTIVE WORSHIP – OUR APPROACH

## INVITATIONAL

Everyone is welcome to take part in collective worship, as much or as little as they or their parents and carers are comfortable with. This means we use invitational language and consider carefully our choice of words and songs. Children are invited to pray but are not compelled or expected to do so; they always have a choice. We invite them to pray or reflect in whatever way they would usually as a family, if that is part of their home experience.

## INCLUSIVE

Acts of worship need to be inclusive of all. Therefore, we choose topics and ideas that are shared by different faiths and worldviews. When we present Christian teaching, we make it clear that this is 'what Christians believe', saying things like:

'I wonder why this story might be important to Christians?'

'The story today comes from the Bible (the holy book of Christians), which teaches that ...'

Our worship should be accessible for children and young people with a range of different backgrounds, and so we take care that activities do not require expensive resources. We also offer a variety of activities, so that children and young people with differing needs can all find something they can engage with.

## INSPIRING

We aim for our acts of worship to inspire those engaging with them. How might it engage their emotions, enabling a sense of peace, comfort, hope or motivation? How might it inspire them into action, into thinking differently and considering their behaviour or actions? How might it inspire them to reflect on their faith or beliefs, and on the faith or beliefs of others?



Weekly Resources for Collective Worship, Spiritual  
Development and Pastoral Care

**PHASE: SECONDARY**

**WEEK 4 THEME:  
HUMILITY**



## KEY CONCEPT/MESSAGE:

**‘Humility is not thinking less of yourself, it’s thinking of yourself less.’  
Rick Warren**

As humans, humility is not usually our default position, but it is essential if we are to live the kind of lives that God requires, and it is possible by following the example of Jesus and through the power of the Holy Spirit working within us.

We live in a world where some people say: “look at me, look at me”, chasing after fame and wanting to be noticed. Yet the real heroes (as we have seen over the last few weeks) are the everyday people who care and think of others first. Being humble means having a realistic picture of ourselves and seeks to **build others up**, rather than looking for fame or recognition.

## BIBLE PASSAGE OF THE WEEK:

**Philippians 2:5-11**

*In your relationships with one another, have the same mindset as Christ Jesus:*

*Who, being in very nature God,  
did not consider equality with God something to be used to his own advantage;  
rather, he made himself nothing  
by taking the very nature of a servant,  
being made in human likeness.*

*And being found in appearance as a man,  
he humbled himself  
by becoming obedient to death—  
even death on a cross!*

*Therefore God exalted him to the highest place  
and gave him the name that is above every name,  
that at the name of Jesus every knee should bow,  
in heaven and on earth and under the earth,  
and every tongue acknowledge that Jesus Christ is Lord,  
to the glory of God the Father.*



## TO CONSIDER AS YOU PREPARE

**KEY QUOTE OF THE WEEK:** “There is no limit to the amount of good you can do if you don’t mind who gets the credit.” Former US President, Ronald Reagan

Is there anything you could do to put Reagan’s thoughts into practice in your own life? Where could you do some good for others that nobody else will ever know about?

**LISTEN:** ‘Majesty’, by the band Delirious - <https://www.youtube.com/watch?v=pnGivhxS4v4>

**WATCH:** Here is a short video by Louie Giglio which leaves us feeling a real sense of humility before the Creator of the World: [https://www.youtube.com/watch?v=QSR8z\\_0uV5E](https://www.youtube.com/watch?v=QSR8z_0uV5E)

‘Fix You/ Bridge Over Troubled Water’ sung by the NHS Choir – two beautiful songs about thinking of others, interwoven and sung by everyday heroes: <https://www.youtube.com/watch?v=T8qHXIShfUQ>

**PRAY:** The Serenity prayer has been used in a variety of forms over the years. It promotes humility before God. Use it today:

*“God, give me grace to accept the things I cannot change,  
Courage to change the things that I need to change,  
And the wisdom to know the difference.”*



- What does this picture make you think of?
- When have been the times in your life when you have most needed to pray?
- What difference has it made?

What might this image suggest to you? – it speaks of an incredible moment in triathlon history, when one Brownlee brother helped the other to finish the race, giving up the chance to win for himself, even pushing his brother over for him to get the second place instead of third.



# I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

## GATHER:

Spend 5 minutes looking up at the night sky on a starry night, then write down 5 questions that come to mind – or watch a clip on YouTube of the stars and galaxies – for example Louie Giglio’s film at [https://www.youtube.com/watch?v=QSR8z\\_0uW5E](https://www.youtube.com/watch?v=QSR8z_0uW5E)

For many of us, our questions will be focussed on the bigness of the universe and the smallness of you by comparison. This fact that you are so potentially insignificant only serves to reinforce all the more how amazing it is that the one who was “in very nature God” but became “obedient to death – even death on a cross” did it for each one of us.

## ENGAGE:

Sometimes prayer can be a very physical activity – believers of many different faiths use this as a sign of humility as they talk to God. It can be in worship and adoration, and can also be in desperation and request. They kneel with their forehead, nose, hands, knees and toes touching the floor. This is called prostration and shows complete humility before God.

In Luke 5:1-11, we read the story of Jesus calling Simon Peter, and the miraculous catch of fish, where Jesus brings into the nets enough fish to fill and almost sink two boats. When Peter sees what Jesus has done, he falls on his knees and says “Oh, Lord, please leave me—I’m such a sinful man.” Peter recognised who it was in front of him, and his immediate action was to kneel.

As we consider what Jesus did for us, becoming a man to die on a Cross in our place, perhaps humbling ourselves and bowing before God is the only appropriate response.

## REFLECT:

Quite possibly, Jesus is the only human being who has ever lived who could get away with making the statement: “I am humble!”

If you don’t believe this is difficult, try saying it, just for the laugh, to your parents or friends, and see what reaction you get! Watch some of the students in this week’s Faith at Home film talking about exactly this at - <https://www.churchofengland.org/faith-action/faith-home/faith-home-videos/collective-worship-secondary-schools-episode-4-humility>

Jesus said: “Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.” (Matthew 11:29)

## SEND OUT:

- We looked at humility this week. If we have humility, we look for the good in others rather than showing off how brilliant we are. How you might build others up and not put others down this week?
- Think of a creative way to put your humility into practice by serving others in your community at this time: e.g. write *thank you cards* to send to your local NHS staff in hospitals and GP surgeries; contact local charities that work with elderly people and ask what you could do to support their work.
- You might also like to say a prayer to God, asking you to help with this.

## 2. SPIRITUAL DEVELOPMENT

*(practical ways to help us explore faith and develop spiritually at home together)*

### **EXPERIENCES that can help us ENCOUNTER:**

1. Look at the Fruit of the Spirit (Galatians 5:22-23): Which of these characteristics are easy for you? Which do you need to work on? If you're not sure, ask a teacher, a family member or friend. Then choose one to actively work on over this week.
2. Practice asking for help: Asking for help can be a real challenge when our pride gets in the way. So practice asking someone for help this week. Then notice how it makes you feel. How did you feel just before you asked? How did you feel afterwards? We can feel awkward before we ask, it takes humility to admit you need help. But once we've asked, and been successfully helped, we can find that it led to a great result.

### **ACTIVITIES that can help develop PRACTICES-HABITS:**

1. Write to someone you know who is humble: Tell them that you've been thinking about humility and that they came to mind as a humble person. Tell them what you've seen in them that demonstrates humility, and how that has impacted you. Tell them why you think humility is important, and thank them for being a good example to you.

### **CONVERSATION STARTERS that can help develop RELATIONSHIPS-COMMUNITY:**

- Why is humility so difficult?
- How can we overcome this difficulty?
- Name one humble person you know - what one thing could you change in your life to start to become more like them?

## 3. PASTORAL CARE - *ideas for looking after...*

### **- Ourselves & Our staff**

Why not create a 'Celebrate a Member of Staff' noticeboard in the staffroom to deliberately celebrate the staff who often go 'under the radar' because of their humble nature, by recognising their acts of humility. Clearly, this would need to be done with sensitivity, but it could be significant in beginning to cultivate a culture in school where Christian humility is valued over self-promotion.

### **-Our families & Our community**

The following idea comes from Grace Hands, pupil worship co-ordinator at St. Christopher's, Accrington:

*'As I look at the Easter story, I think it is very much a story of giving. Jesus gave his life for us so that we could share the gift of his forgiveness with others. At the difficult season we are all in now, it may seem very hard to find things to do. But I think it is very important that we try to find that we focus on ways we can give to others in our community. Recently, my brothers and I made some cards for the neighbours. We didn't do this for ourselves but in blessing the community we got phone calls back with many thanks. This made us feel great too, even though that wasn't our intention.'*

*I wonder what you might be able to do to make yourself feel whole this week? Making those cards made us feel whole and very happy, so I encourage you too to find something to do for others that in return makes you feel whole. Just as Jesus did on the cross, let's do it humbly and with God's love. Maybe you could it? But above all else, stay positive and remember God is in control.'*

## GOING DEEPER/FURTHER RESOURCES

### **READ:**

There is a great chapter in a book called 'The Learning Game' by Jonathan Smith that starts with a description of a man playing football on his drive with his 6-year old son. The author describes how the father goes to great lengths to not only ensure he misses his own penalties, but that his son scores his. The chapter is entitled 'Real winners come second.' It is something of this that we all need to be striving for in our own spheres of life. Read the book, and especially that one chapter if ever you get chance.

**THINK:** *"Humility is not thinking less of yourself, but thinking of yourself less."* – Rick Warren - What do you think this quote means to you and your community? How could you apply it to your life?

**WATCH:** There are some great examples of humility picked up in major films - all of the following movies contain great themes of humility:

- The original 'Cars' movie;
- The original 'Thor' movie;
- The most recent 'Aladdin' movie;
- 'Spiderman: Far from home.'



Weekly Resources for Collective Worship, Spiritual  
Development and Pastoral Care

**PHASE: SECONDARY**

**WEEK 5 THEME:  
PATIENCE**





## KEY CONCEPT/MESSAGE:

**Patience is not something we do, but rather who we are in Christ.**

God wants to produce patience in us to slow us down and to show us how to trust in him. God does not test us, just for the sake of testing us, but he allows us to be tested so we learn to walk in his ways and to trust in him. Our current situation provides us all with an opportunity to 'slow down' and 'have patience'.

Patience is mentioned a lot in the Bible. It is connected to trust, hope, faith, love and good character. Reflect and consider how these attributes linked to patience are developing in our lives. In particular, how have they been needed as we have progressed through this crisis?

## BIBLE PASSAGE OF THE WEEK:

### **The parable of the Master and the Servant**

“Who among you would say to your slave who has just come in from ploughing or tending sheep in the field, ‘Come here at once and take your place at the table’? Would you not rather say to him, ‘Prepare supper for me, put on your apron and serve me while I eat and drink; later you may eat and drink’? Do you thank the slave for doing what was commanded? So you also, when you have done all that you were ordered to do, say, ‘We are worthless slaves; we have done only what we ought to have done!’”

**Luke 17: 7-10 (NRSV)**

## TO CONSIDER AS YOU PREPARE

### KEY QUOTES OF THE WEEK:

*'Patience is not passive. On the contrary, it is concentrated strength.'* (Bruce Lee)

*'Patience is not the ability to wait but the ability to keep a good attitude while waiting'* (Joyce Meyer)

**LISTEN:** As you listen to one of these two songs, consider what the lyrics say about patience, what does patience require? In what other ways do you think of patience?

'Patience' – Guns 'n Roses. <https://www.youtube.com/watch?v=ErvgV4P6Fzc>

'Patience' – Take That <https://www.youtube.com/watch?v=VQ4ziRhLGCE>

**WATCH:** <https://www.youtube.com/watch?v=bhGPyLgAGVg>

A short clip outlining the Importance of patience; what it is and why it is important.

**Consider:** Using the images below:



What does this picture make you think of?

How does it make you feel?



The picture shows a model of Durham Cathedral constructed from over 2000 matchsticks!

Can you think how you would tackle such a task?

**PRAY:** Dear God, we pray for the virtue of patience, in our hearts, homes and our lives. We want to wait patiently for your will to enfold in our lives. May we learn to wait patiently for You to bring Your answers to our prayers. We want to cooperate and wait on your plans for us. Amen.

# I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

## GATHER:

Find a place where you can be still, without interruptions. You might like to light a candle as you begin.

- I wonder what is the longest that you have had to sit and wait for someone or something?
- Why did you do it? How did it make you feel?
- Would you do it again?

## ENGAGE:

In today's Bible story, The Parable of the Master and Servant, Luke 17:7-10 (told by Jesus in the New Testament, found only in Luke's Gospel) we hear about a servant who is doing what is expected of him. It is suggested that the servant is expected to have great patience; he has to work, serve the master and then wait - patiently - until he can eat, drink and rest. Sometimes we struggle to be patient, this Bible passage is teaching us that God expects us to be patient and that even if we do everything that is required of us, we may still need to wait patiently for reward or thanks.

We can read the story together here:

<https://www.biblegateway.com/passage/?search=Luke+17%3A7-10&version=NIV>

For many years people have been doing the chocolate or marshmallow challenge to test the patience of (usually) small children. Can they wait, patiently, with such temptation in front of them? Can they be patient and wait until told it is time to eat the treat? Joe Wicks (of PE with Joe fame) set his young daughter Indie the challenge of waiting patiently before being told she could eat some chocolate that was placed in front of her. We might expect that small children do not have the patience to sit and wait or that maybe our expectations of them are lessened due to their age. Maybe Indie's patience surprised everyone watching.

<https://www.facebook.com/JoeWicksTheBodyCoach/videos/1614639208699332/?v=1614639208699332>

(Alternative clip: In this video, a marshmallow is placed in front of a child. The child was told they could get a second treat if they just resisted temptation for 15 minutes. If they succumbed to the devilish pull of sugar, they only got the one.

[https://www.youtube.com/watch?time\\_continue=2&v=QX\\_oy96l4HQ&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=2&v=QX_oy96l4HQ&feature=emb_logo))

## REFLECT:



What do you think is happening in this picture?  
How does this demonstrate patience? Can we learn anything about each other from this picture?

What is of greater value to God? To be successful in all that you set out to do, or to endure every hardship of life in patience and peace? Many may struggle with this question and want to choose both. But what if God is calling us to embrace patience and peace amid some apparent struggle of difficulty? Is this of great value? Do we grow as a

result of this waiting?

You may like to reflect and write down some thoughts as you listen to this piece of music:

<https://www.facebook.com/GlobalNational/videos/524799268214274/?v=524799268214274>

## SEND OUT:

- Think about what you will do to show patience, to slow down, to think and reflect.
- Listen to the song Patience by Tame Impala <https://www.youtube.com/watch?v=rUmV-MorIKc> . Read the lyrics, the song talks about waiting for change to come. What are you waiting for? Are you being patient?

Finish by reading this poem and reflecting on its meaning:

### Mary Had a Little Lamb

by Sarah Josepha Hale

Mary had a little lamb,  
Its fleece was white as snow,  
And everywhere that Mary went  
The lamb was sure to go:  
He followed her to school one day-  
That was against the rule,  
It made the children laugh and play  
To see a lamb at school.

And so the teacher turned him out,  
But still he lingered near,  
And waited patiently about,  
Till Mary did appear.  
And then he ran to her and laid  
His head upon her arm,  
As if he said, 'I'm not afraid-  
You'll shield me from all harm.'

"What makes the lamb love Mary so?"  
The little children cry:  
"Oh, Mary loves the lamb, you know,"  
The teacher did reply,  
"And, you, each gentle animal  
In confidence may bind,  
And make it follow at your call,  
If you are always kind."



## 2. SPIRITUAL DEVELOPMENT

*(practical ways to help us explore faith and develop spiritually at home together)*

### EXPERIENCES that can help us ENCOUNTER:

1. During lockdown it's a great thing to have the time to bake. If you can get the ingredients, have a go at this easy recipe for OoeyGooley Chocolate Brownies (gluten free!)

<https://www.elizabethskitchendiary.co.uk/gluten-free-brownies-2/>

But having made them ... wait till tomorrow for you and yours to try one; a true test of patience!

2. Some songs you might like to listen to::

Faithful One by Brian Doerksen [Faithful One - Brian Doerksen \[with lyrics\]](#)

Be still and know that I am God by Don Moen [Still-Be Still and Know by Don Moen With Lyrics](#)

Stay with me from the Taize Community [Stay With Me](#)

Wait for the Lord from the Taize Community [Taize - Wait for the Lord.m4v](#)

3. If you have an egg timer (an alarm on your phone will do!) take a moment to think about what you are waiting patiently for during this lockdown period. Or it could be something that you are desperately waiting for.

What can you not wait to do, to see, to hear?

As you watch the time pass - be it on the egg timer or the alarm countdown - think about those things you have had to patiently wait to do. Think about the people around you who have had to have great patience and how difficult it can be to remain patient when we want something desperately to change.

As the time passes say a thank you (this could be done silently) to those who have been patient with you during this time or maybe ask for more patience.

### ACTIVITIES that can help develop PRACTICES-HABITS:

1. Try mini meditations. <https://mindfulminutes.com/10-mini-meditations-to-help-you-reset/>
2. Stop Doing or Review What's Most Important

Watch this film clip first then consider the activity that follows

[Rocks, Pebbles and Sand Story](#)

We all have things in our lives that take time away from what is important. One way of removing stress from our lives is to stop doing or change those things.

Look at the things you want or need to do today or this week. Think about which ones are important and which are less important. Divide them into two lists. Now look at which ones are urgent and not urgent. Colour or highlight the ones that are important and urgent. Do these first. Then work on urgent but less important, then important but not urgent and then finally do the ones that are less important and not urgent last...or maybe even another time. Sometimes patient planning makes all the difference. Or even take out two or three things that you do that aren't important but take time. It's time to learn to say no to things that cause stress and make us impatient.

3. Write a letter to your future self and hide it away. You could make a note to remind yourself to wait patiently and open it up at a set time e.g. at the end of lockdown or when we return to school or in one years' time. Try to write about being patient and be encouraging.
4. Challenge yourself to go a day without any technology. This could be a way of practicing patience and stillness.
5. Play a board game with your family. Some can last 2 or 3 hours
6. Read a book from the Bible (Luke's Gospel is a good place to start).
7. Draw a picture. Cut it into tiny pieces then complete your own jigsaw puzzle.
8. 1 Minute Walk. One minute is a long time if we just focus on it and give it all we have. Choose a long room or hall. Stand with your back against one wall and put 1 minute on your timer. Now don't look, don't cheat. How close to the far wall can you get in 1 minute WITHOUT stopping or going backwards? Will you tiptoe sixty times, shuffle as you sway to the seconds in your head, march tiny steps as you count out loud or click your fingers? When we focus on other things, we can clear our minds and feel refreshed when we return to the task.

### **CONVERSATION STARTERS that can help develop RELATIONSHIPS-COMMUNITY:**

- If you have prayed for something over and over and over and God just seems to be ignoring you, how do you feel?
- What people in your lives do you associate with patience? Why?

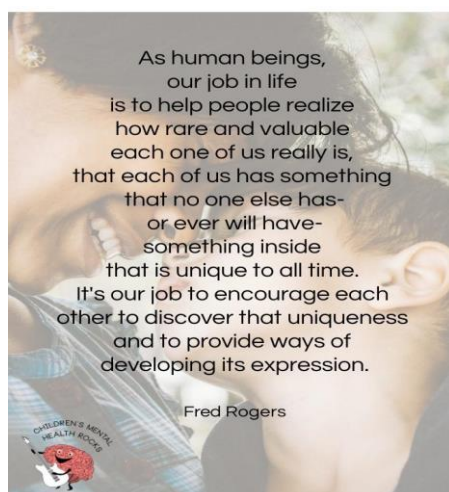
### **3. PASTORAL CARE - ideas for looking after...**

#### **- Ourselves & Our staff**

It's important to realise that typical 21<sup>st</sup> century pace has just come to a halt! There is much to gain from slowing down. Cherish these moments, albeit challenging. Savour the moment but take time to think about how not to get into a rut. Be creative. How could you find and establish new rhythms and practices?

#### **- Our families & Our community**

**Read** the passage below. How does this make you feel? Does it inspire you? How might it change the way you live after lockdown?





### Biblical References

**There are many examples of patience being shown in the Bible. Here are just a few of them:**

- **Joseph and Patience (Genesis 37- 50)**

The story of Joseph is a long but powerful example of how God works while we wait patiently.

Joseph was his dad's favourite (multi-coloured coat etc.) and because of this, his brothers did not like him. They wanted to hurt him and get rid of him. They chose to sell their brother and so he ended up in Egypt. While there, Joseph had many ups and downs but eventually he became very successful and helped the Pharaoh. Later, during years of famine (lack of rain and food), Joseph was put in charge of the grain available in Egypt. Joseph's family were in great need so Joseph's brothers travelled to Egypt to find some. Little did they know, their brother was in charge of the food and would provide for them in a wonderful way.

This story reminds us that as we trust God and while we wait patiently, we allow him to work things out for us. Joseph could have been scared and angry at what his brothers did to him. But he patiently worked with a good attitude while he journeyed through life in Egypt. He became friends with the king and God used his new relationships to provide for his family.

- **Abraham (Genesis 12- 18:10)**

The story of Abraham tells us what it is like to wait patiently for something for many years, and what can happen when we are impatient. God promises Abraham that he will become a father of many nations. Over the years this promise is repeated, but as he and his wife Sarah still have no children - and are now elderly - they become impatient. Together they have a child via their servant, but this is not the son that God intended them to have. Eventually, they are gifted with a son of their own. The New Testament book of Hebrews (6:15) says of their patient wait, "And so, after he had patiently endured, he obtained the promise."

The story reminds us that if we wait patiently and trust in God we will get all that is promised to us.

- **The story of Job**

The story of Job is probably the best known story of patience in the Bible is the life of Job. To prove Job's faithfulness to the Lord, God allows the devil to destroy everything Job owned (Job 1). Job was a wealthy man. He loses everything. But most devastating of all was when Job lost his children. However, Job did not blame God. He accepted that God had a plan and would be patient for God to reveal His plan.

Job's friends came to counsel him. They tried to find out what great sin Job had committed to deserve the punishment he received. Job though, had done nothing wrong, nothing to anger God. He only ever did what God expected of him. Job knew that sometimes bad things happen to good people.

Job knew that God had a plan, he was willing to accept what God allowed in his life and wait patiently for God to reveal the reasons why this was happening to him. In the end God rewarded Job's patience, faith and trust with twice as much as he had in the beginning (Job 42:10).

- **Simeon and Anna (Luke 2: 22-40)**

After the birth of Jesus Luke tells us the Mary and Joseph take Jesus to the temple, as were the rituals at the time. At the temple was a man called Simeon; the Holy Spirit had revealed to Simeon that he would not die before he had seen the promised Messiah. As a result of this promise Simeon had patiently waited at the temple for this to happen. On seeing the baby Jesus he praised God, declaring that 'as you have



promised, you may now dismiss your servant in peace. For my eyes have seen your salvation.' His patient wait was rewarded by meeting the Messiah.

Similarly Anna, who was a very old lady, never left the temple. She worshipped day and night, fasting and praying. She too was waiting for the Messiah. On seeing Jesus she gave thanks and spoke about him to everyone who was waiting (patiently) for the redemption of Jerusalem.

This story reminds us that there are things that are worth waiting patiently for; good things come to those who wait. Simeon and Anna had waited for years to see the Messiah. Through waiting patiently, trusting in God, they were rewarded.

### Find out more/Exploring further

1. **WATCH** this inspiring video about 'Patience' from the Bible about a farmer and his patience. [How to Practice Patience](#)
2. **WATCH** this Sesame Street clip and reflect on the word 'Patience'. [Sesame Street: Zac Efron and Elmo - Patience](#)
3. **WATCH** the clip from Willy Wonka and the chocolate factory 'I want it now' song. [Willy Wonka & the Chocolate Factory - I Want It Now Scene \(8/10\) | Movieclips](#) What are consequences of not having patience? When do you have to show patience?
4. **WATCH** the Pixar Short Lava [Disney Music - Lava \(Official Lyric Video from "Lava"\)](#) The island patiently waits for love. Should we always show patience in that way? When does patience and understanding lead to progression and when to inertia?
5. Try to **PLAY** the card game Patience. Can you eventually succeed at this? Do you have to be patient to succeed? <https://bicyclecards.com/how-to-play/solitaire/>



Weekly Resources for Collective Worship, Spiritual  
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**PHASE: SECONDARY**

# **WEEK 6 THEME: RESILIENCE**



## KEY CONCEPT/MESSAGE:

**Resilient people don't let their troubles define them but nor do they ignore them – they grow through them.**

There are many definitions for **resilience** because it means different things to different people. Google will tell you that resilience is “*the capacity to recover quickly from difficulties*” or having a personal “*toughness*”. Other people will explain that resilience is an ability to deal with life in spite of fears, setbacks, or limited resources. Christians believe that by giving over our concerns to Jesus, He is able to extend grace to us so that we have help in our times of need.

Interestingly, Jesus never promised that life would always be straightforward or without complications. In fact, he told us that from time to time, we would face tough seasons. However, he also reminded us that he will be with us and is ready to help if we turn to him (Philippians 4:13).

Resilience is a difficult thing to grasp because it's not a gift or something that is easily passed on from one person to another. However, it is something we grow in as we experience difficult or testing situations. In fact, we learn to grow more resilient as we experience different trials and challenges on life's journey.

As Christians, we learn to look beyond circumstances and fix our minds and hearts on things above, believing that God knows every detail of our life and that we do not walk through challenges on our own. What challenges are you facing this week that require resilience?

## BIBLE PASSAGE OF THE WEEK:

We can sometimes wrongly think that great and successful people, like celebrities, YouTube influencers and historical figures that we find on the pages of our history books, on our Instagram have it all together, all sorted, all the time. However, we don't need to look far before we see that these people often struggled or continue to struggle with all the things that we also do.

Even people we see in the bible who did amazing things were knocked down multiple times, and took the decision to get up again, growing in their resilience, their faith in God and in their capacity to face trials each time. Even the apostle Paul, the greatest missionary and church planter ever known, didn't mind admitting that he was weak and found his ability to get up again in God. He said:

***‘If I have to boast, I will boast about how weak I am’***

### **2 Corinthians 11:30**

From the pages of history we know that Paul went through a huge number of trials! He was beaten... shipwrecked three times... spent a night and a day in the sea... was in danger multiple times... had sleepless nights... been hungry and thirsty... cold with not enough clothes... worried for the new churches (from 2 Corinthians 11:24-27).

What enabled Paul to keep getting back up again? What enabled him to keep going when everything appeared to be against him? What was the source of his resilience? It was his confidence that his God was in control, knew what was going on and that Paul's place of weakness and dependence upon God was actually a place of great strength.

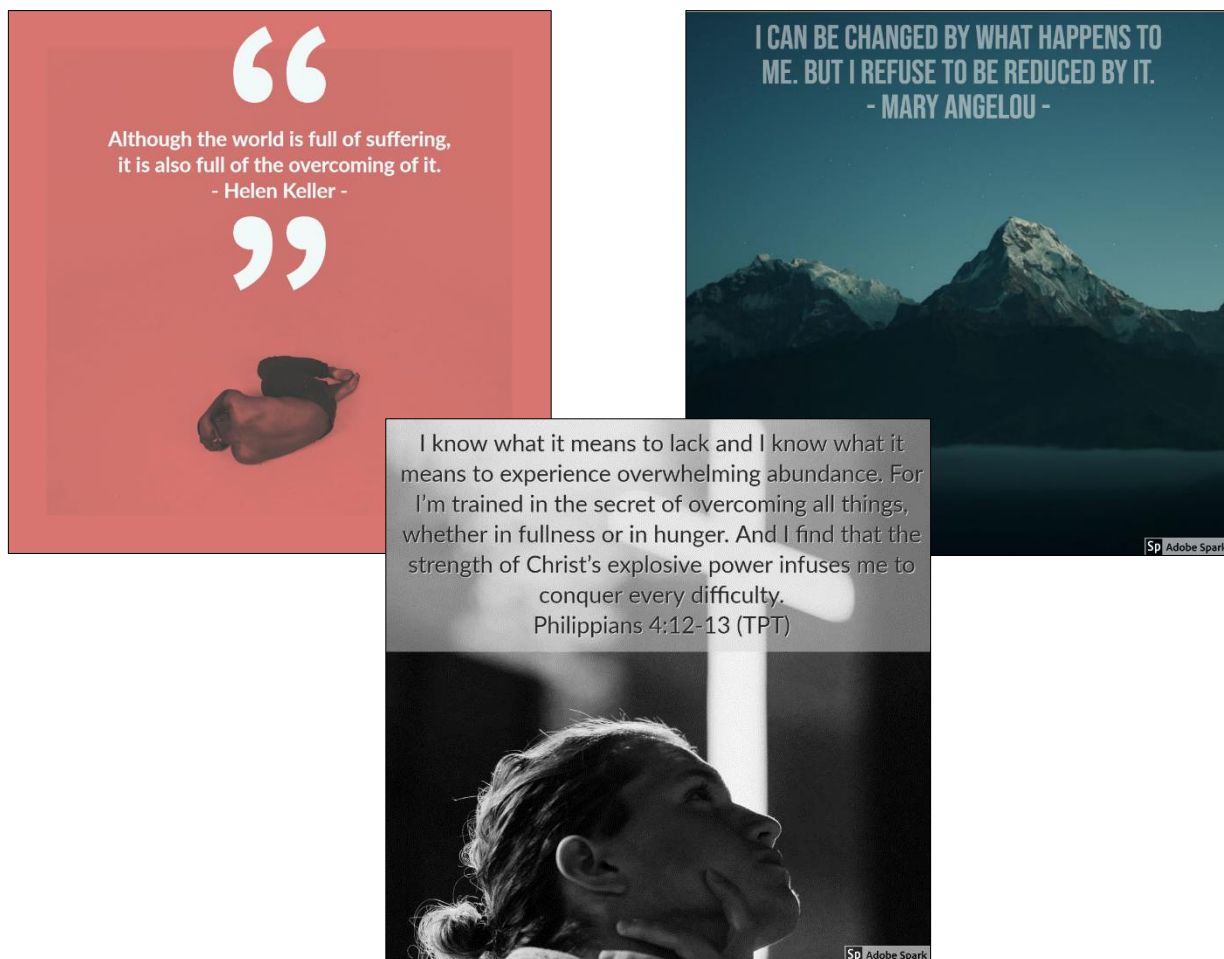
## TO CONSIDER AS YOU PREPARE

**KEY QUOTE OF THE WEEK:** *'Do not judge me by my success, judge me by how many times I fell down and got back up again'* (Nelson Mandela)

**LISTEN:** 'Trust in You' ([click here](#)). This song gives hope in the fact that even when things are not going our way and we feel discouraged or stretched beyond our ability to cope, God can still be trusted. Christians take comfort in the fact that He knows every detail of our lives and can be relied on to walk with us; to strengthen and encourage us each day. Who can you turn to when you need to be resilient?

**WATCH:** [Click here](#) to access 'The death crawl scene' from Facing the Giants. What aspects of resilience does Brock show as he carries his partner? How does Coach Taylor encourage Brock to keep going?

**THINK:** Using the images below, take a moment to think about the following: What does resilience mean to you? What kind of situations do you need to be resilient in? What aspects of resilience do you need help to grow in?



**PRAY:** Dear God, thank you that you know my every thought, every dream and even the desires of my heart. Thank you for being present in each situation I experience and that you are working them all together for good, even the ones that are hard. I ask that you help me to grow in resilience and to bounce back from the things that I find difficult. Please help me to trust in you with all my heart and not lean on my own understanding. May I acknowledge you in everything I do and draw near to you to grow my character and develop my resilience. Thank you that your promise to me is to make my path straight when I do these things (Proverbs 3:3-5). Amen.

# I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

## GATHER:

Find some space to be quiet, without interruptions. You might like to light a candle as you begin.

- How has your week / day been?
- What are the challenges you are facing now?
- What are the things that bring you happiness?
- Take a moment to notice how you are feeling, and to be aware of it.

## ENGAGE:

In his letters, St Paul sometimes says that life is like running a race. In his letter to the Hebrews, he writes:

*“So then, with endurance, let’s also run the race that is laid out in front of us, since we have such a great cloud of witnesses surrounding us. Let’s throw off any extra baggage, get rid of the sin that trips us up, and fix our eyes on Jesus, faith’s pioneer and perfecter. He endured the cross, ignoring the shame, for the sake of the joy that was laid out in front of him, and sat down at the right side of God’s throne.”*

Hebrews 12: 1-2 (CEB)

Imagine an athlete wanting to go in for a big race. Although they might be talented, they still have to train hard. They will find some things difficult, and they will get it wrong many times before they get it right. There will be many times they will feel like giving up, but they keep on trying. This quality is called resilience. Others have described resilience like this:

- “Resilience is keeping to something. You keep going, even if things are holding you back.”
- “It’s having the urge to do something and the commitment to see it through.”
- “You have to be patient with yourself and others, because everything takes time.”
- “You just have to keep going.”

Watch this short video <https://www.youtube.com/watch?v=cbSu2PXOTOc> of a crow working out how to get to the food. What challenges does he face? How does he demonstrate resilience?

In the piece of scripture we read, St Paul encourages us to “run the race that is laid out in front of us”. Like any athlete, we will sometimes find this tough, and there will be times when we may feel like giving up. However, we are not alone in our challenges – we have a “cloud of witnesses”, and in Jesus, we have an example to follow, of someone who kept going, even when everything seemed lost, and in doing so, did more than we could hope for or dream.

## REFLECT:

Let's go back to what we were thinking of at the beginning:

- How has your week / day been?
- What are the challenges you are facing right now?
- How do these things make you feel?
- Are there ways you might want to show resilience?
- Who are your "witnesses" who will help you with this?
- What are the things that bring you happiness?

You may like to write down or draw some of your thoughts and look back at them during the week. You might want to listen to this piece of music while you reflect: <https://youtu.be/HPuj6UISMhs?t=51> (Blinded by your Grace Pt.2 Feat MNEK - Stormzy).

## SEND OUT:

You might want to bring these to God in prayer, using these words or your own:

Loving God,

You are with us always. Thank you for being with me in the joyful things in my life. Help me to remember you when I face challenges in my life, and to know that I do not face them alone. Amen.

## 2. SPIRITUAL DEVELOPMENT

(practical ways to help us explore faith and develop spiritually at home together)

### EXPERIENCES that can help us ENCOUNTER:

#### TWEET IT:

We are living through a lot of challenges at the moment. What do you think is the most important thing people need to hear to help them through difficult times? What message could you send someone to encourage them to keep going?

#### PRAY ABOUT IT:

Use the 5 step **examen** prayer to reflect on your hopes:

1. GIVE THANKS for something that was good today.
2. ASK FOR HELP with something you need resilience for.
3. REFLECT on your day and think about the things that helped you to overcome difficulties and the things that made you feel like giving up.
4. SAY SORRY for the times you gave up or didn't take the opportunity to encourage someone else.
5. DECIDE how you will build resilience in yourself tomorrow.

### ACTIVITIES that can help develop PRACTICES-HABITS:

Reflecting using song lyrics.

Listen to the song ([click here](#)) and reflect on it using the lyrics below. Underline things that you sometimes feel. Highlight things that you often feel. Circle words and phrases that encourage you.

#### Hard Pressed by Lou Fellingham

*I am hard pressed on every side but I'm not crushed  
I feel pulled to pieces but inside I know I'm not  
Feels like the world's caving in, find it hard to breathe  
The water is rising, won't you come and rescue me.  
I'm on my knees, O God please come to me*

*I fall into Your loving arms  
You wrap me up, and I'm secure  
Patiently You whisper to me You have a plan  
To hold on it won't be long and you understand  
You know my every need. You won't abandon me*

*Sick inside again today, I'm struggling to pray  
And my head is spinning, cause I cannot see the way  
I'm in need of direction, everything seems so unclear  
O my God are you out there, or is this falling on deaf ears?  
I'm on my knees, O God please come to me*

*Miracles, You will do, as I come and put my hope in You*

### CONVERSATION STARTERS that can help develop RELATIONSHIPS-COMMUNITY:

Use these conversation starters from Dr Robyn Silverman as a way to discuss resilience and why it is so important:

- What do you consider to be a comfort zone?



- Why might trying something new or tough outside of your comfort zone feel uncomfortable
- What does it mean to you to be resilient?
- How do struggles, your beliefs and your personal values relate to resilience?
- What can you say to yourself when you're having a tough time with a challenging skill or situation?
- Who can you spend time with when you need encouragement to keep going?

### 3. PASTORAL CARE - *ideas for looking after...*

#### **Ourselves & Our staff**

1. **Why don't you offer to coach someone through a personal challenge?** Being a coach or mentor is a wonderful opportunity to help a colleague discover new-found confidence and strategies to overcome challenges. Walking through a challenging circumstance with someone is a privilege and honour but also a great professional development opportunity for you as you learn to listen with the goal of fully understanding someone.
2. **You could keep a journal over the period of a week.** Each day, spend 15 minutes thinking of ways that you have already been resilient and write down your responses to these questions:
  - What were the three toughest challenges I have already overcome?
  - How did I get through them?
  - What did I learn that I can apply to my current situation?

#### **Our families & Our community**

1. **Use a secure messenger service (e.g. WhatsApp) to set up a 'resilience triad'.** Talk to two other people who you respect and trust and ask them to encourage you when things are tough. Choose people you look up to like a mentor or leader and make sure you are accountable to what they advise.
2. **Think about someone who is going through a challenge right now.** Why don't you spend some time thinking about how you could really bless them with a random act of kindness? Perhaps you could write an encouraging message in a card to remind them to keep pressing on? Maybe you could surprise them with a small gift that lets them know you believe in them and not to give up?
3. **Why don't you model what it means to be resilient?** Think of a new skill or hobby that you've always wanted to develop but never felt good enough to begin. You could start a video diary to record your progress and the things you need to do in order to succeed, little by little. Resilience will probably be required! Who could you encourage with this?



## GOING DEEPER/FURTHER RESOURCES

**READ** this blog from the American Psychological Association. It explains some strategies you can use to adapt to different situations and emerge stronger than before: <https://www.apa.org/topics/resilience>

**EXPLORE** the website [www.mind.org.uk](http://www.mind.org.uk). Make a note of the connections between positive mental health and your resilience by [clicking here](#).

**CREATE** a series of social media posts using a free Adobe Spark account. Be a 'hope carrier' to a wider audience and find positive messages to encourage them ([www.spark.adobe.com](http://www.spark.adobe.com)).

Ask an adult to **WATCH** the movie 'Facing the Giants' with you. Feel courage and hope rise within you as you watch a story of resilience and determination win through (<http://www.kendrickbrotherscatalogue.com/facingthegiants/>).

**MEDITATE AND REFLECT** by praying this prayer for resilience: <https://betterlifecoachingblog.com/2014/02/04/the-prayer-of-resilience/>



Weekly Resources for Collective Worship, Spiritual  
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**PHASE: SECONDARY**

# **WEEK 7 THEME: KINDNESS**



## KEY CONCEPT/MESSAGE:

### **‘Kindness costs nothing but means everything’**

Kindness is the quality of being friendly, generous, and considerate. Kindness should be unconditional acts of goodness to the people in our world. We are reminded that being kind often requires courage and strength.

## BIBLE PASSAGE OF THE WEEK:

### **The story of Zacchaeus**

*“Zacchaeus stood before the Lord and said, “I will give half my wealth to the poor, Lord, and if I have cheated people on their taxes, I will give them back four times as much!” (Luke 19.8)*

## TO CONSIDER AS YOU PREPARE

### **KEY QUOTE OF THE WEEK:**

***‘Kindness is doing what you can, where you are, with what you have.’***

Is there anything you could do to put these thoughts into practice in your own life? Where could you show kindness where you are and what you have.

**LISTEN: ‘Goodness of God’ - Bethel Music-** <https://www.youtube.com/watch?v=f4MUUMWMV4>

**WATCH: ‘The Science of Kindness’** <https://www.youtube.com/watch?v=O9UByLyOjBM>

### **PRAY:**

Dear God,

When I’m not sure I’m good enough, let me be kind.

When I feel can’t change the world, let me inspire just one other to do so.

When I can’t give away riches, let me be loving.

Let me be known for kindness, for it is the greatest glory.

**Amen.**



What does this picture say to you?

Where does the circle begin and end?

## I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

### GATHER:

Spend 5 minutes in a quiet space with no disturbances.

Think of the times when someone has been kind to you and how that made you feel. Write those feelings down and ask God to replicate them in others through you. Maybe write down all the obstacles that stop us from being kind to someone.

Some of these obstacles maybe lack of courage or unforgiveness. You may wish to say 'Thank you' to God right now for His kindness to us in giving us the gift of Jesus.

### ENGAGE:

In today's Bible story, Jesus shows kindness to person when others wouldn't – Luke 19.1-10. As a result, this person goes on to show remarkable kindness to those around them.

You can watch the story here: <https://www.youtube.com/watch?v=iBvc2wimT6M>

Or read the story here:

*"Jesus entered Jericho and made his way through the town. There was a man there named Zacchaeus. He was the chief tax collector in the region, and he had become very rich. He tried to get a look at Jesus, but he was too short to see over the crowd. So he ran ahead and climbed a sycamore-fig tree beside the road, for Jesus was going to pass that way.*

*When Jesus came by, he looked up at Zacchaeus and called him by name. "Zacchaeus!" he said. "Quick, come down! I must be a guest in your home today."*

*Zacchaeus quickly climbed down and took Jesus to his house in great excitement and joy. But the people were displeased. "He has gone to be the guest of a notorious sinner," they grumbled.*

*Meanwhile, Zacchaeus stood before the Lord and said, "I will give half my wealth to the poor, Lord, and if I have cheated people on their taxes, I will give them back four times as much!"*

*Jesus responded, "Salvation has come to this home today, for this man has shown himself to be a true son of Abraham. For the Son of Man[a] came to seek and save those who are lost."*

### **Questions to discuss:**

- 1) What is happening in this Bible story?
- 2) Why did Jesus pick out Zacchaeus?
- 3) What words best describe your feelings from this story? Perhaps write them down.
- 4) Why were tax collectors disliked so much in this context?
- 4) Think about this Bible story and ask yourself, would I have been kind to Zacchaeus? Let your thoughts/answers challenge you
- 5) Think about a time when others have been unkind or have shown kindness to you. How did it make you feel?

### **Points/lessons to remember:**

- Zacchaeus was hated by many people because of who he was – We will come across many people in our world that are different to us, be kind anyway.
- Kindness is infectious- When Jesus showed kindness to Zacchaeus, he caught the bug. Zacchaeus then showed kindness to the people he had overcharged in giving them their money back.
- The kindness of Jesus brought about a change – Zacchaeus was never the same again. Every act of kindness that we do will change a person's life.

## **REFLECT:**

### **Kindness, Kindness, Kindness**

by Bear Grylls

*Everyone we meet is fighting a battle of some sort. It is good to remember this when we think that someone is being particularly difficult or obstructive. I can bet you that they are having a tough time in another aspect of their life that is making them that way. When we remember this, it changes how we see people. So always be kind, as Plato said, for everyone indeed is fighting a hard battle.*

*When we release kindness into the world around us, it creates a ripple of goodness. Healthy relationships are created, connections are nourished, and people in turn become inspired to do what they can to spread that kindness further. Kindness changes us as well as others. And it is the unexpected kindnesses that are the most powerful.*

*I love the story of David with Mephibosheth, a man who was crippled and described himself as a 'dead dog.' 'Don't be afraid,' said David, 'for I will surely show you kindness... I will restore to you all the land... and you will always eat at my table' (2 Samuel 9:7). Mephibosheth spent the rest of his life living in the Palace in Jerusalem. David's kindness changed everything for him, and we are discussing it to this day. Kindness, kindness, kindness.*



*Write it in your heart.*

*Kindness is king.*

***“When we release kindness into the world around us,  
it creates a ripple of goodness.”***

### **SEND OUT:**

Consider this statement about kindness:

**“Kindness is giving hope to those who think they are alone in the world.”**

Are there people living near you or a relative that feels they are alone? I wonder what you could do this week to let them know they are not alone by sharing your kindness with them? Who needs you to be a neighbour?

Go in peace to share love and kindness with all you meet.

## 2. SPIRITUAL DEVELOPMENT

*(practical ways to help us explore faith and develop spiritually at home together)*

### **EXPERIENCES** that can help us **ENCOUNTER**:

**WATCH** <https://www.youtube.com/watch?v=GdYJr03eljE> Doing random acts of kindness is a great way to start out on the KINDNESS journey. It's fun and teaches us valuable lessons and gives us wonderful experiences that are priceless.

**READ** Galatians 5:22-23 The fruits of the Spirit,

We often describe fruit as being the attributes that come out of our lives or how we behave. Do we display the character of goodness and kindness mentioned in Galatians 5?

**PRAY ABOUT IT:** Use this 5-step prayer to reflect on kindness:

1. GIVE THANKS for something that was good today.
2. ASK GOD FOR HELP for strength and courage to be kind
3. REFLECT on your day and think about how kindness has made you feel and how can you pass those feelings onto others.
4. SAY SORRY for the times you felt to do an act of kindness but didn't.
5. DECIDE how you will be kind to others tomorrow

### **ACTIVITIES** that can help develop **PRACTICES-HABITS**:

Write up a **JOURNAL** where you can start to draw and write about your ideas about showing kindness to others. You can write your reflections and prayers in there too.

Think about what it's like to 'walk in other people's shoes' so to speak. How would you like to receive kindness if you were them?

**SERVE.** Kindness is so often about doing something practical. Here are some ideas to get started:

- Smile at someone
- Put your neighbour's wheelie bin out for them
- Give someone a compliment
- Let someone go before you in the que
- Send an encouraging note to someone
- Do a 5K for a good cause
- Do a litter pick in your community
- Put a Blessing box outside your house for the people of your community to put non-perishable food items for your local Food bank. Information can be found here.

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

## A BIG reminder...

We can often think that we need to do HUGE acts of kindness to be effective in our worlds. True kindness is often in the small things. A small stone thrown into the water still causes a ripple.

Our small acts of kindness may seem insignificant at the time; they may even feel like they have no impact at all. However, being the beacon of love and kindness to all will allow these ripples in the water to make the biggest changes.

We can look at those who have made the biggest of changes, the biggest ripples, and notice how their kindness, love and determination to act upon this can change the world. Martin Luther King Jr once said “Hatred paralyses life; love releases it. Hatred confuses life; love harmonises it. Hatred darkens life; love illuminates it”. Big changes are possible from your smallest of actions, illuminate the life of others with your kindness and help the light the way for others to follow.

### **CONVERSATION STARTERS that can help develop RELATIONSHIPS-COMMUNITY:**

- Do you ever find it difficult to be kind to others?
- How can we overcome this difficulty?
- Can you describe how it makes you feel inside when you are kind to others?
- Can you think of anyone who you might need to prioritize to show kindness to?

## GOING DEEPER/FURTHER RESOURCES

**WATCH:** Kindness Boomerang.

<https://www.youtube.com/watch?v=nwAYpLVyeFU&list=PLE8F0F3tl6mVBSSrbLXI8zsE3DQThqGKU>

All of the following movies contain great themes of kindness: The BFG, Beauty and the Beast, Finding Dory, Paddington and Wonder.

Random acts of Kindness are still alive and well. <https://www.youtube.com/watch?v=jadI5ZYtcPI>

**EXPLORE** the Good News Network

<https://www.goodnewsnetwork.org/tag/kindness/>

**READ** this inspirational article:

<https://www.independent.co.uk/topic/random-act-of-kindness>

**LISTEN** Karl Jobe – ‘You are Good’ [https://www.youtube.com/watch?v=\\_QANOQdltul](https://www.youtube.com/watch?v=_QANOQdltul)

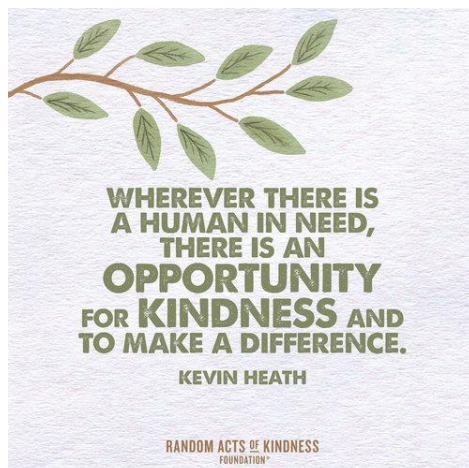
**QUOTES** to encourage.

2 Corinthians 9:6-8

<sup>6</sup> Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. <sup>7</sup> Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. <sup>8</sup> And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.

Matthew 25:40

<sup>40</sup> ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’





Weekly Resources for Collective Worship, Spiritual  
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# **WEEK 8 THEME: GENEROSITY**



## KEY CONCEPT/MESSAGE:

**Our generosity is a response to God's generous love for us –  
it is good to share this love.**

Giving is good for our mental health - the **goodness of giving**. The little things are just as important when it comes to giving. This links to 5 Love Languages (Gary Chapman) - giving and receiving in different ways.

## BIBLE PASSAGE OF THE WEEK:

The story of the generous widow (Luke 21: 1-4)



*The Widows Mite* by Jesus Mafa

## TO CONSIDER AS YOU PREPARE

### KEY QUOTE OF THE WEEK:

***'It is when you give of yourself that you truly give'*** - Kahlil Gibran

### LISTEN:

**A Generous Heart** by Mark Atrogge <https://www.youtube.com/watch?v=FqIG4yKrX-k>

**Generosity** by Jerome Collins <https://www.youtube.com/watch?v=nF3yJg45NZY>

A wonderful worship song with lyrics at the centre; 'We need more generosity, more love for you and her and me'

**For the Beauty of the Earth** by John Rutter <https://www.youtube.com/watch?v=JVQFEgT7E6c>

This beautiful choral hymn performed by the Cambridge Singers with accompanying slideshow of scenes from nature would make an excellent background to reflection time or to set the scene for an act of collective worship.

### WATCH:

Jocelyn, a pensioner who has run a soup kitchen for over 30 years:

<https://www.youtube.com/watch?v=EPTgNKuQxUI>

### PRAY:

Lord Jesus, teach me to be generous; teach me to serve you as you deserve,  
to give and not to count the cost, to fight and not to heed the wounds,  
to toil and not to seek for rest, to labour and not to seek reward,  
except that of knowing that I do your will.

Amen (St. Ignatius Loyola)

# I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

## GATHER:

Find a place where you can be still, without interruptions. You might like to light a candle (with parents/carers permission) as you begin to remind you that Jesus is the Light of the World.

Christians believe that God is generous. God created our amazing world and gave us the privilege of living in it and looking after it. Jesus showed the ultimate act of generosity by coming into the world and dying for our sins.

## ENGAGE:

I wonder what you think generosity means? If you are with someone, have a chat with them about what they think it means. Do you both agree?

The dictionary defines generosity as, “the quality of being kind and generous.” Do you agree with this? Can you think of a time when someone was really generous to you? Or when you have been generous towards someone else? What happened? How did it make you feel?

How many different ways can you think of to be generous that don’t involve spending or giving money? Invite the children to spend a while looking at this image. What do you notice? I wonder what you think is happening? I wonder who you think the characters are?

In the Bible, Jesus explains to his disciples the importance, not just of what we do and are seen to do, but the reason **why** we do something – what is in our mind and our heart when we choose to do something is as important as **what** we do.

He compares the acts of the “teachers of the law” (the Scribes or Jewish Leaders) with the act of a poor widow. In Jesus’ time, widows were often poor because they did not have their husbands to protect them anymore and bring money home to live on.

***“While Jesus was in the Temple, he watched the rich people dropping their gifts in the collection box. <sup>2</sup> Then a poor widow came by and dropped in two small coins. <sup>3</sup> “I tell you the truth,” Jesus said, “this poor widow has given more than all the rest of them. <sup>4</sup> For they have given a tiny part of their surplus, but she, poor as she is, has given everything she has.”***

- I wonder who you think was the most generous person in the story? Why do you think that?
- I wonder why Jesus told this story? What do you think he wanted his followers to learn from it?

Jesus noticed the poor widow. He saw that she knew and loved God and that she trusted God to meet her needs, in every area of her life. This meant she was free to be generous and give her two copper coins.

## Be Inspired:

Here is an example of generosity in action:

**Project Malachi** – This is an exciting housing project for homeless people, that was inspired by 5 year old Malachi, who gave his £5 tooth fairy money to the Salvation Army to build houses for homeless people. 3 years later 42 units have been built to give those who don’t have a home a place to live.

<https://www.youtube.com/watch?v=88ounhVIPbA> (It is 5 minutes long, so you might want to just watch from 45 secs to 3 minutes 40 seconds)

<https://popuphostel-ilfordsalvationarmy.nationbuilder.com/about>

How is this an example of generosity?

Malachi, like the widow in the story, gave all he had, look at the difference it made.



## REFLECT:

### REFLECT:

Read this passage from Proverbs together. Allow some time and space and invite the children to reflect on the words within this passage - Proverbs 3:27-28:

**“Never walk away from someone who deserves help;  
your hand is God’s hand for that person.  
Don’t tell your neighbour “Maybe some other time”  
or “Try me tomorrow”  
when the money’s right there in your pocket.”**

I wonder what you might do differently after reflecting on this passage?

## SEND OUT:

See if there is an opportunity to help this week, for example could you contact someone who you think may be lonely or in need? For example: Preparing, cooking or sharing food at home. Doing the washing up. Making a cup of tea. Contacting a friend.

### PRAY:

Loving Father  
you have made us your people,  
richly provided us with good gifts  
and called us to live for you;  
may gratitude be in our hearts;  
may generosity be in our hands;  
may justice and righteousness guide our feet  
and may the life of your kingdom and the joy of  
heaven be found among us.  
Amen

## 2. SPIRITUAL DEVELOPMENT

*(practical ways to help us explore faith and develop spiritually at home together)*

### EXPERIENCES that can help us ENCOUNTER:

Use the **EXAMEN** prayer to reflect on generosity. It has 5 steps, so you might like to count them on your fingers.

1. GIVE THANKS for someone who has been generous towards you today.
2. ASK FOR HELP to be more generous towards those who find it hard to be generous with.
3. REFLECT on all that you have and think about what you could share with others.
4. SAY SORRY for a time when you have not been generous and should have been.
5. DECIDE how you could be more generous with your time and words this week.

### ACTIVITIES that can help develop PRACTICES-HABITS:

#### DEVELOPING GRATITUDE:

Ideas include: **BLESSINGS JAR** (and decorate it!)- every time you are thankful for something write it down and add it to the jar. Alternatively write in a journal rather than making a jar if you would prefer.

**PEBBLES AND MARBLES**- each time that you recognise a blessing in your life, put a pebble/marble in a jar and count it at the end of the week (works with jelly beans too!).

### CONVERSATION STARTERS that can help develop RELATIONSHIPS-COMMUNITY:

- Think about how different people receive love and how you can tailor your generosity to them.
- How have you been supported before? What difference did this make to you?
- How could we eradicate the need for foodbanks?
- Is being generous a choice?
- What stops you from being generous?
- How could we spread generosity through our relationships and actions?
- Is it important that people see our generosity?

## 3. PASTORAL CARE - *ideas for looking after... Ourselves & Our staff*

### How can you be generous to yourself?

• Relax – What helps you relax? Is it time with a book or a walk outdoors? Find some time to treat yourself. Be generous to yourself.

### How can you be generous to each other in school?

Could you set up a secret angel system? Each member of staff is given the name of another member of staff. They then have to do thing anonymously to bless their person. It could be a note of encouragement or, chocolate bar, favourite drink etc.

### Our families & Our community

- How can you be generous to each other at home?
- Could you use your words to be more generous to those you live with?

- Could you be generous with your space or time?

### **How can you be generous with your words?**

<https://www.ageuk.org.uk/get-involved/volunteer/donate-your-words/>

Cadbury and Age UK have joined forces to tackle loneliness; A campaign called 'Donate Your Words.'

Who could you ring and talk today? Who could you donate your words to?

Watch how Manchester United helped to support this campaign. [https://youtu.be/\\_T0R2I4U](https://youtu.be/_T0R2I4U)



Weekly Resources for Collective Worship, Spiritual  
Development and Pastoral Care

**PHASE: SECONDARY**

**WEEK 9 THEME:  
VULNERABILITY**





## KEY CONCEPT/MESSAGE:

Vulnerability is not weakness! It is not winning or losing, it is having the courage to show up, be seen when you have no control over the outcome. It is about asking for what you need, having hard conversations and talk about how you are feeling. *Brené Brown*

Christians believe, that being vulnerable means you are honest with who you are, how you feel and acknowledging the parts of yourself that you would rather keep hidden. It's not hiding behind an 'Instagram life', its about being real with God and people you meet. It is hard to be vulnerable, to feel out of control or anxious about situations. Christians are reminded throughout the Bible that God's power and grace is enough, that even in times of vulnerability, He is in control and we will not be left abandoned or alone.

## BIBLE STORY OF THE WEEK:

**"Learn to do right; seek justice.  
Defend the oppressed.  
Take up the cause of the fatherless;  
plead the case of the widow."  
Isaiah 1.17**

## TO CONSIDER AS YOU PREPARE

### KEY QUOTE OF THE WEEK:

*"I will never leave you, I will never abandon you". Let us be bold, then and say, "The LORD is my helper; I will not be afraid. What can anyone do to me?" (Hebrews 13:5-6)*

*'What makes you vulnerable makes you beautiful!'* **Brené Brown**

“It is in brokenness  
sometimes that we  
understand what it  
truly means to lead.”

**BRYAN  
STEVENSON**



**LISTEN & WATCH: Footprints in the Sand by Leona Lewis**

<https://www.youtube.com/watch?v=dCsZNalcaXM>



**PRAY:**

Dear Lord,

Thank you that you love us all. Thank you that you are justice.

Thank you that you say you will heal the broken hearted. Thank you that you instruct us to love and care for each other in our vulnerabilities.

Help me in my brokenness. May I help others too.

In Jesus' name

**Amen**



# I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

## GATHER:

Find a place where you can be still, without interruptions. You might like to light a candle as you begin.

As you sit quietly, look at this image and reflect on what it makes you think of.



⇒ A spider's web is incredibly vulnerable, but there is beauty in the strength of its design. What if a spider never created its web out of fear of it breaking or being destroyed?

This act of worship is going to explore what vulnerable might mean. It can be difficult to understand, as people use the word vulnerable in different ways. You might have heard the term 'vulnerable people' lots in the news recently as these groups of people have had to take more care and stay in their homes for longer than others due to the Covid 19 pandemic.

## ENGAGE:

The dictionary describes vulnerability as *'The emotion we experience during times of uncertainty, risk and emotional exposure.'* (– be aware that most definitions use the word weak in the definition, we are trying to break away from this stereotypes, so avoid these if you can.)

I wonder if you thought of anything else? What about a time when you had the courage to be honest with someone? Or a time when you asked a group of children if you could play with them?

Some people think you mustn't be vulnerable, as it makes you weak. But being vulnerable is actually ok, it isn't something you need to hide.

Genuine vulnerability enables you to share your emotions, be honest or say sorry when needed. It allows you to ask for help when you are struggling. This takes courage, as you will have to put yourself in a place where you might get hurt or rejected, but what would you miss out on if you didn't ever take a risk?

## READ THIS FAMOUS STORY – FOOTPRINTS

"One night I dreamed a dream.  
As I was walking along the beach with my Lord.  
Across the dark sky flashed scenes from my life.  
For each scene, I noticed two sets of footprints in the sand,



One belonging to me and one to my Lord.  
After the last scene of my life flashed before me,  
I looked back at the footprints in the sand.  
I noticed that at many times along the path of my life,  
especially at the very lowest and saddest times,  
there was only one set of footprints.  
This really troubled me, so I asked the Lord about it.  
"Lord, you said once I decided to follow you,  
You'd walk with me all the way.  
But I noticed that during the saddest and most troublesome times of my life,  
there was only one set of footprints.  
I don't understand why, when I needed You the most, You would leave me."  
He whispered, "My precious child, I love you and will never leave you  
Never, ever, during your trials and testings.  
When you saw only one set of footprints,  
It was then that I carried you."

## REFLECT:

Listen to this song called 'I am Amazing by Philippa Hanna

<https://www.youtube.com/watch?v=fVNKj0fbMiU>

Listen carefully to the lyrics.

*That I am amazing, in spite of what I can see,  
When I look at myself wishing I could be anyone other than me  
Cos I was created  
With everything I could ever need  
So I'm not gonna change  
I'm gonna stay just the way God made me*

Christians believe that God created each person perfectly unique. The Bible tells Christians that God knew each person before they were born, watched as they grew and even knows how many hairs there are on each person's head! (Taken from Psalm 139) This reminds Christians that God knows everything about each person, mistakes, faults, cracks, good deeds, kind thoughts etc. So, it is ok to be vulnerable before God, because he knows and loves each person just the way they are.

## SEND OUT:

You are enough! You are amazing!

You don't need to try and be someone you are not. Be who you are.

Remember, what makes you vulnerable makes you beautiful!

## PRAY

Dear Lord,  
Where there is hurt and pain, thank you that you do not shy away.  
Thank you that you came to bring reconciliation to brokenness.  
Be with those who need your comfort, healing, justice, peace and love.  
In Jesus' name.  
**Amen.**

## 2. SPIRITUAL DEVELOPMENT

*(practical ways to help us explore faith and develop spiritually at home together)*

### EXPERIENCES that can help us ENCOUNTER:

Watch this video about being truly human; joy from vulnerability (and help on social media):

<https://m.youtube.com/watch?v=PEcvRKsmeoE>

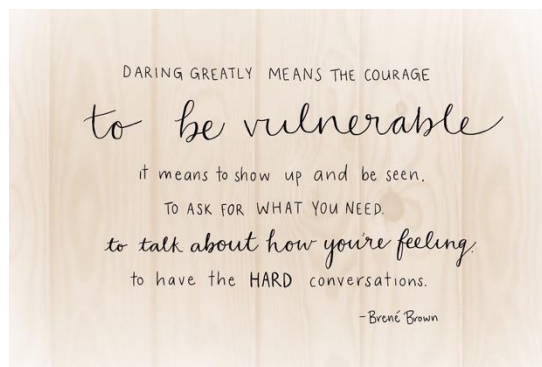
Consider the alternative to being vulnerable:

### C S Lewis, from 'The Four Loves':

*"There is no safe investment. To love at all is to be vulnerable. Love anything, and your heart will certainly be wrung and possibly broken. If you want to make sure of keeping it intact, you must give your heart to no one, not even to an animal. Wrap it carefully round with hobbies and little luxuries; avoid all entanglements; lock it up safe in the casket or coffin of your selfishness. But in that casket—safe, dark, motionless, airless—it will change. It will not be broken; it will become unbreakable, impenetrable, irredeemable."*

Add your thoughts and reflections from this week to your journal. Below are some suggestions for you to experience and reflect on moments of vulnerability in your life.

Reflect on this statement from Brené Brown and add your thoughts to your journal.



- When have I had the courage to be vulnerable?
- When could I have been more vulnerable and honest about my feelings?
- When have I ignored difficult situations or avoided challenging conversations this week? What could I have done differently?
- What hard conversations have I had this weekend, how did they go? Did I have the courage to be vulnerable and lean into these difficult conversations?

### ACTIVITIES that can help develop PRACTICES-HABITS:

Sit around the table for a meal at the end of the day. Ask the question – how are you? What has been the best part of the day and why? What has been the most difficult part of the day and why? Encourage further conversation of why something may have upset you. What was the trigger? How did you feel? What can we do as a family to support you when this happens again? You might like to bring your thoughts to God and pray together as a family. Add these prayers to your journal where each family member makes a contribution and then pray through each situation as it arises. Remember to record those answers to prayers

Reflect on the vulnerability of nature. It is often being out in the countryside, that some Christians encounter God and feel God very near to them. As a family, go out for a walk, take the camera and spend time taking photographs with a zoom lens. Take photos of the flower petals, birds and the tiny insects. For Christians, it is a reminder that God is interested in the very infinite details of their lives and he cares for every part of it.



### CONVERSATIONS STARTERS that can help develop RELATIONSHIPS-COMMUNITY:

- Who do you talk to about your feelings?
- Does that feel hard or easy?
- How could I help you?
- Will you help me?
- What do you love about home?
- What makes home life tough sometimes?
- Why do you think so many people feel lonely today?
- I wonder what we could do about this?

These questions are ideal if you are doing a meal or just sitting around in groups with a drink to encourage positive conversations depending, of course, on how well people know each other.

Questions taken from a resource called 'Table Talk' [www.table-talk.org](http://www.table-talk.org)

## 3. PASTORAL CARE - ideas for looking after...

### Ourselves & Our staff

#### A reflection:

#### Treasure in Clay Jars 2 Corinthians 4: 7-9 (TPT)

<sup>7</sup>We are like common clay jars that carry this glorious treasure within, so that the extraordinary overflow of power will be seen as God's, not ours. <sup>8</sup>Though we experience every kind of pressure, we're not crushed. At times we don't know what to do, but quitting is not an option. <sup>9</sup>We are persecuted by others, but God has not forsaken us. We may be knocked down, but not out.



Clay pots are one of the most common found items during archaeological digs. They often aren't found complete, many are chipped, cracked or damaged, but there must be strength and stability in the material used to create the pot for it to survive hundreds of years under the ground.

I wonder what it is about a clay pot that helps it to withstand these pressures?

Maybe it was the choice of material, the loving care of the maker, or the protection of the soil around it?

This verse reminds Christians that despite their fragility, the treasure of God's life giving strength shines out of them filling them with hope, courage, guidance and wisdom.

As school leaders, you might be knocked down, crushed under pressure, rung out emotionally and spiritually, but look to this verse; **God has not forsaken YOU.**

For Christians they know that protection and loving care of God will help to rebuild, renew and strengthen them in these times of difficulty and trial.

### ***'What makes you vulnerable, makes you beautiful.'***

But the people who trust the Lord will become strong again.

They will be able to rise up as an eagle in the sky. **They will run without needing rest. They will walk without becoming tired.**

Isaiah 40:31 (ICB)

### **Our families & Our community**

Managing the anxiety of those in our communities

*'Anxiety does not empty tomorrow of its sorrows, but empties today of its strength.'*

*Charles Spurgeon.*

- How can we extend our culture of courageous vulnerability to our school community?
- Can we provide spaces for tough, loving conversations that help to address the issues rather than appease them?
- The anxiety these parents are demonstrating is usually linked to their past experiences. So, how as a school can we support parents through this?
- How could we listen more and ask 'What does support from us as a school look like?'
- It takes courage and trust in you for a parent to share their vulnerability with you. To strengthen this connection there needs to be mutual vulnerability. That doesn't mean you as the school leader over shares or pours your heart out, but showing empathy builds trust and deeper connection.
- How might having compassionate conversations diffuse an angry or hostile situation?
- Tell me about how you are feeling' 'I get it' or 'that must have been really hard for' or 'I'm sorry for how you have been treated, or for how you feel'?
- I wonder how you support each other when dealing with anxious parents?



## GOING DEEPER/FURTHER RESOURCES

### Find The Bible passages below:

Think about the birth of Jesus through the lens of vulnerability. Think of the characters in the story and what made them vulnerable, particularly Mary and Joseph.

Mary, mother of Jesus. Read Luke 2: 26-38 and verse 46-56

<https://www.biblegateway.com/passage/?search=Luke+1&version=GNT>

How was Mary vulnerable in this part of the story? How did she cope with the knowledge that her son would be valuable to the world, but that she would also experience pain?

Luke 2: 34-35

<https://www.biblegateway.com/passage/?search=Luke+2&version=GNT>

Think about Joseph's role in Jesus' life. Look at his reactions where he is told that Mary will give birth to Jesus.

Matthew 1:18-25

Then look at his role in protecting Jesus and Mary, escaping to Egypt, living as refugees and not having a secure home:

<https://www.biblegateway.com/passage/?search=Matthew+2&version=GNT>

Matthew 2:13-15

What do these texts and your thoughts on them help you to see about Jesus' vulnerability?

**Read: 'DARE TO LEAD'** by Brené Brown

**Explore:** [www.daretolead.brenebrown.com](http://www.daretolead.brenebrown.com) – There are lots of practical resources and advice to deepen your understanding of being a courageous leader, who creates a culture of vulnerability, trust, innovation and creativity.

**Watch:** <https://www.youtube.com/watch?v=DVD8YRgA-ck> This ½ hour talk by Brené is inspirational and explains how we can create a culture of trust and vulnerability in our classrooms.

[www.brenebrown.com/daringclassrooms](http://www.brenebrown.com/daringclassrooms) - Brené Brown has tailored her work on leadership to an education context.





Weekly Resources for Collective Worship, Spiritual  
Development and Pastoral Care

**PHASE: SECONDARY**

**WEEK 10 THEME:**

**COMPASSION**





## KEY CONCEPT/MESSAGE:

Christians believe the Bible teaches that God is a God of compassion. God feels the suffering of people. God's compassion is expressed in his mercy, his kindness, patience, grace, forgiveness and love. Many Christians believe they are called to be a compassionate people. This compassion encompasses both a gut level feeling of sympathy and conviction as well as positive action taken on our part to relieve the suffering we observe.

***“Compassion is an action word with no boundaries” Prince***

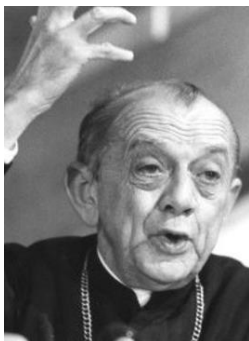
## BIBLE PASSAGE OF THE WEEK:

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ. If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you, patient endurance of the same sufferings we suffer. And our hope for you is firm, because we know that just as you share in our sufferings, so also you share in our comfort.”

2 Corinthians 1:3-7

## TO CONSIDER AS YOU PREPARE

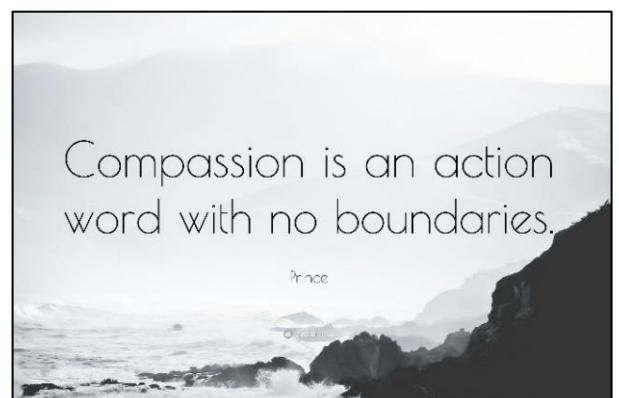
**KEY QUOTE OF THE WEEK:** ““Compassion is to look beyond your own pain, to see the pain of others.” Yasmin Mogahed



When I give food to the poor, they call me a saint. When I ask why the poor have no food, they call me a communist.

— Helder Câmara —

AZ QUOTES





**LISTEN:** The Compassion Hymn

<https://youtu.be/fMR85VnEluM>

**WATCH:** Compassion is natural. Why is it so hard for us?

<https://www.youtube.com/watch?v=m2hlloug-ss&feature=youtu.be>

**THINK:** Have a think about the quote from Bear Grylls. How can we take inspiration from the following quote?

### **Be Compassionate**

“Jesus ultimately showed what true selfless compassion looked like when he let himself be tortured and killed in our place on that cross. But history shows that his whole life was an example of such compassion, and he went out of his way to serve and show love to the outcasts and unwanted”



Look at this picture. What do you think it's trying to say about compassion? Which person in this picture is demonstrating compassion?

**PRAY:** Dear God, thank you for allowing us to comprehend the difficulties that other people face. Thank you for letting us share in their hardships, so that we can help them to overcome their challenges in life. You have shared in our suffering, Lord, and we shall share in others so that nobody feels alone, because together we can use your strength to help one another. **Amen.**

## I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

### GATHER:

What does it mean to truly 'love thy neighbour'? Take a few moments in silence to consider everything you do in helping others. Try to think of physical things you have done, as well as emotional. When Jesus discussed love, he was not just suggesting we do physical things. He was discussing tolerance, sympathy and the acceptance of all people regardless of their backgrounds.

### ENGAGE:



Watch this short video of Manchester Utd. player Marcus Rashford talking about his own experience of childhood poverty.

[https://www.youtube.com/watch?v=lr-lxlrTbWU&feature=emb\\_logo](https://www.youtube.com/watch?v=lr-lxlrTbWU&feature=emb_logo)

He knew what it was like to be hungry and wanted to do something to prevent this happening to other children. His actions led to a government turnaround on free school meals for children over the summer holidays.

How did Marcus show **compassion** in action?

### Luke 7.11-17 – Jesus raises a widow's son

In this story, Jesus sees the funeral procession of the only son of a woman who is a widow (her husband has already died). At first you might think that this is sad, she's now alone with no one left in the world. But it's worse than that.

In Jesus' day women could not work, not in such a way as we understand it today. That meant that a woman first relied on her father to provide, then her husband. If she was lucky enough to have children then maybe in her old age they could provide for her. If she was a childless widow she would have to beg for her food, pick through other people's leftovers, scrimp and save just to get by.

This story starts with a woman who is about to go into terrible poverty and loneliness. It is into this situation that Jesus looks, and has compassion.

You can read it here: <https://www.biblegateway.com/passage/?search=Luke+7%3A11-17&version=NIVUK>

Or watch it here: [https://www.youtube.com/watch?v=o\\_4LpZgm2nw](https://www.youtube.com/watch?v=o_4LpZgm2nw)

## REFLECT:

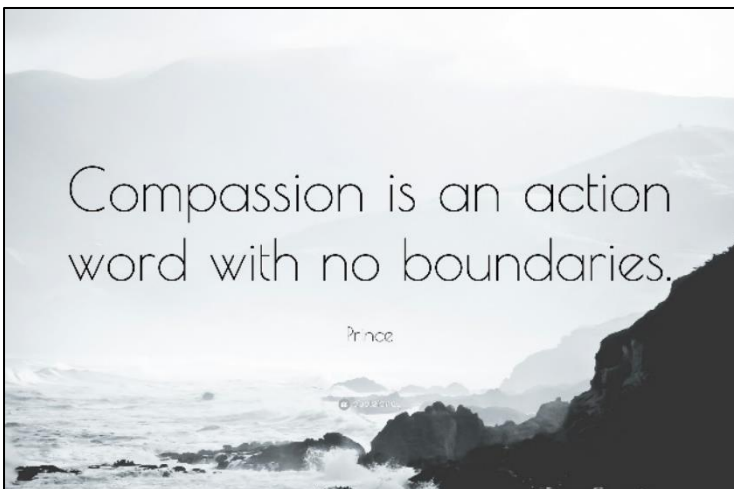


Look at this photo, imagine that these are the hands of the mother and her son. How has the widow's life changed now as a result of the compassion shown to her?

God gives us compassion so we must use it to feel and aid in the suffering of others. It is part of God's love that we can pass this on.

Suffering is part of life. How we overcome it and help others to overcome it is what is important. We can become closer to God using these actions, as he draws us closer with his compassion.

## SEND OUT:



Display the image on your screen and draw children's attention to the word 'action'.

What **actions** might demonstrate compassion to others today.... Tomorrow.... This week?

Go out from this place with **compassion** in your heart, and the desire to **act** it out.

## 2. SPIRITUAL DEVELOPMENT

*(practical ways to help us explore faith and develop spiritually at home together)*

### EXPERIENCES that can help us ENCOUNTER:

Compassion can take all kinds of forms. People will show compassion for one another, and a society that has compassion will be able to glow in the light of God. People will notice when you do compassionate things, and this will inspire them to be compassionate themselves. Be a leader of compassion, just as Jesus was to his followers.

**WATCH:** <https://www.youtube.com/watch?v=PT-HBI2TVtI>

The best way to experience the change that compassion can bring is to be compassionate to someone.

- Do you have a sibling? Challenge yourself to show them compassion at some point this week.
- Is there an elderly neighbour who's in need to support? Offer practical help to them
- Is there an adult you know who is stressed out? Pick them some wild flowers, or buy them a tasty treat.

Compassion can be shown in so many ways, you just have to open your eyes to the lives of others.

Yasmin Mogahed said ***Compassion is to look beyond your own pain, to see the pain of others.***

Start there and find a little something that you can do to make the world a better place for someone else.

**Start today.**

### ACTIVITIES that can help develop PRACTICES-HABITS:

**Be self-compassionate:** being able to identify when you are suffering and taking time to consider this is a good practice. Write down your problem when it arises and consider how you may help a friend if they were in the same situation.

Try learning these phrases:

**Sympathy looks in and says, "I'm sorry."  
Compassion goes in and says, "I'm with you."**

**Sympathy looks in and says, "I would like to help."  
Compassion goes in and says, "I am here to help."**

**Sympathy says, "I wish I could carry your burden."  
Compassion says "Cast your burden on me."**

**Sympathy often irritates with many words.  
Compassion helps and hears in quietness and understanding.**

(Author Unknown)

This is quite a powerful message. What do you think about this? Jesus helped people with their issues, took their problems on as his own. Humanity's suffering was the burden of Jesus. How likely are you to be sympathetic instead of compassionate? Which might be easier?

## CONVERSATION STARTERS that can help develop RELATIONSHIPS-COMMUNITY:

### Support your local food bank:

**Watch** [https://www.youtube.com/watch?v=thIN4TK\\_Mxk](https://www.youtube.com/watch?v=thIN4TK_Mxk) (Liam Payne donates to foodbanks)

You might not be able to give loaves and fish (unless it's canned tuna!) to a food bank, but there is much that you can do to support their vital work. Add something that the food bank needs to your shopping list each week. As you drop it into the box at your local centre or supermarket, **pray** that God will meet people's needs through your donation. Is this a modern-day opportunity to feed the 5000?! Remember that it may not be a large donation, but the boy's packed lunch wasn't much either!

What does your local foodbank need most at the moment?

**Look** at this quote from the Dali Lama, ask your friends what they think it means.



### 3. PASTORAL CARE - *ideas for looking after...*

#### **Ourselves & Our staff**

**Self-compassion.** If you take some time to stop and reflect on the thoughts in your head, are they more positive or critical? Once you have identified any negative thought, you can begin to introduce more positive thoughts and 'turn the volume down' on the critical voices.

This is from the Anna Freud Centre's materials Supporting Staff Wellbeing in schools.

<https://www.annafreud.org/media/7653/3rdanna-freud-booklet-staff-wellbeing-web-pdf-21-june.pdf>

**Staff Prayer Stations** One school has some simple prayer stations in their staff room. These give staff an opportunity to pray or reflect for people and situations that are on their hearts and minds.

#### **Our families & Our community**

"Love your neighbour as yourself" is like a piece of knitting, each stitch supporting those around. If I love you as myself, and you love me as yourself and we love them as ourselves, we all end up supported. Jesus said that this was how people would tell his true followers, that we love one another. (John 13:35)

Like the knitting, though, if you drop stitches, the holes begin to show in community and those can get bigger and bigger.

**Read:** Brian Bilson's Poem '**Refugees**' Make sure you read it twice, the second time from bottom to top!

<https://nationalpoetryday.co.uk/poem/refugees/>

**'It's a no money day'** by Kate Milner

**Stepping Stones:** A refugee Family's Journey by Margriet Ruurs, Nizar Ali Badr & Falah Raheem

This page gives details about the book and includes a fascinating video by the author.

<https://www.cbc.ca/books/stepping-stones-a-refugee-family-s-journey-1.4214673>

### GOING DEEPER/FURTHER RESOURCES

**"Have mercy on me, my God, have mercy on me, for in you I take refuge. I will take refuge in the shadow of your wing until the disaster has passed."**

(Psalm 57:1)

**"If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person?"**

(1 John 3:17)

There are lots of ways in which you can show compassion and help feed others. Check out the resources on the **Christian Aid website** for primary pupils.

<https://www.christianaid.org.uk/schools/primary-teaching-resources>

Compassion is not just about helping it's about challenging the situations and policies that cause people to suffer. You need to find out why people are living in poverty, why climate change is such a threat to the

poorest and then you need to do what you can to change things as individuals and groups. Many schools are doing this. Check out the global neighbours' scheme here:

<https://www.christianaid.org.uk/schools/global-neighbours-accreditation-scheme>

**Refugee Rucksacks Prayer activity:** This activity encourages pupils to think about refugees who are leaving their homes and countries with little more than the rucksacks on their backs. It encourages the pupils to think about themselves, to reflect on their own homes and possessions and opportunities, and to imagine what it would feel like to lose almost everything.

<https://www.prayerspacesinschools.com/resources/78>

**Lifeboat Prayer Activity** This activity encourages pupils to think about refugees who are leaving their homes and precious possessions behind in order to escape danger. It encourages them to think about themselves, to reflect on their own homes and possessions and opportunities, and to imagine what it would feel like to lose almost everything.

<https://www.prayerspacesinschools.com/resources/77>

**Cardboard Home:** This activity encourages pupils to think about street children that are of a similar age to themselves and to think about how it would feel if they did not have a home, but rather just a cardboard box to live in.

<https://www.prayerspacesinschools.com/resources/11>

**Creativity and Compassion: Michael Faraday.**

<https://www.barnabasinschools.org.uk/idea/creativity-and-compassion-michael-faraday>



## Watch

Self-compassion can be a challenge, try watching this video on how to be more self-compassionate:

<https://www.youtube.com/watch?v=-kfUE4I-JFw>

To find out more of the science and importance of compassion watch this TEDx talk:

<https://www.youtube.com/watch?v=eIVV69hyPUuI>





Weekly Resources for Collective Worship, Spiritual  
Development and Pastoral Care

**PHASE: SECONDARY**

# **WEEK 11 THEME: FLOURISHING**



## KEY CONCEPT/MESSAGE:

**Flourishing means to thrive, to grow well or develop in a healthy and vigorous way. For some it can be seen when others blossom or succeed, being in one's prime or things that are abundant. It also means to make dramatic sweeping gestures!**

For Christians, the notion of “flourishing” goes much deeper than the standard cultural definitions. It’s not just “the good life” – it’s the way life was meant to be. When God finished creating the world He said it was, “Very good.” In the Old Testament, the concept of flourishing is best described by the Hebrew word *shalom*. Shalom denotes a right relationship with God, with others, and with God’s good creation. It is the way God intended things to be when he created the universe. In most of our English Bibles, we translate shalom as peace, but it means much more than just an absence of conflict. The Old Testament prophets pictured shalom as the lion lying with the lamb, weapons becoming farming tools, deserts blooming, and the mountains streaming with red wine.

## BIBLE VERSE OF THE WEEK:

<sup>6-10</sup> Jesus told this simple story, but they had no idea what he was talking about. So he tried again. “I’ll be explicit, then. I am the Gate for the sheep. All those others are up to no good—sheep stealers, every one of them. But the sheep didn’t listen to them. I am the Gate. Anyone who goes through me will be cared for—will freely go in and out, and find pasture. A thief is only there to steal and kill and destroy. **I came so they can have real and eternal life, more and better life than they ever dreamed of.**”

**John 10 The Message (MSG)**

## TO CONSIDER AS YOU PREPARE

### KEY QUOTE OF THE WEEK:

*"The worst thing that can happen to a person is that they should succeed before they are ready."* Martin Lloyd Jones

### LISTEN: Listen to the song 'Faithful One'

<https://www.youtube.com/watch?v=JRbIgbaQd6k>

### WATCH:

Clip from Lion King-<https://www.youtube.com/watch?v=yGQnGQzIAmA>

Few things are as powerful and confusing as our identity and image. God has beautiful and transformative things to say about who we are and who we can become. When we know who we really are, we flourish.

**Consider:** Use the images below



**What do the pictures make you think of?  
How do they make you feel?**



Courtesy Christian Aid

### PRAY:

Father God, today may we choose life. May we choose to follow you and obey Your Word so that our lives can truly flourish. In Jesus' name, Amen.

# I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

## GATHER:

You will need a bowl of water and some paper and a pen.

Reflect on something you are hoping for-maybe something for yourself, or for your family, or for the world?

Write or draw something that will help you or someone you know flourish onto a square of paper. Fold the four corners of your square so they meet in the middle. Carefully place your square into the water, with the folded corners facing upwards. Wait as it slowly unfolds. You might like to offer your hope to God as you wait.

See a summary on the Prayer Spaces at home site-Hope blossoms

[https://www.prayerspacesinschools.com/upload/home\\_resources/downloads/da41215f2cf46e5ef7a8bff481afc414.pdf](https://www.prayerspacesinschools.com/upload/home_resources/downloads/da41215f2cf46e5ef7a8bff481afc414.pdf)

## ENGAGE:

In today's Bible story, Jesus says he has come to enable the flourishing of all people. He is the gate, if we go through the gate, we will flourish, those who go through and listen will be saved. We often hear the phrase 'Live life to the full'. The phrase stems from John 10:10, where Jesus says he has come so that we 'may have life and have it to the full'.

We can read the story together here:

<https://www.biblegateway.com/passage/?search=John+10%3A10&version=NRSV>

The Bible tells us that through God all people can flourish; it is available to all people. In Galatians (3:28) St Paul writes that "There is neither Jew nor Gentile, neither slave nor free, nor is there male or female, for you are all one in Christ." The Bible also suggests that we flourish most when we are helping others, and as such there are many Christian charities that work to enable others to flourish. Musa is a young man who lives in a supported community, L'Arche, in Kenya. Through the care of others he has been enabled to flourish and bring great joy to others - he truly lives life in all its fullness.

<https://www.youtube.com/watch?v=2OZN-Mjon90>

## REFLECT:

Take a moment to think about the things in your life that you want to grow.  
Good things that bring you joy and that will help you flourish: Faith, Discipline, Peace, and Patience.  
Write a list of the things you want to learn or achieve and think about who you can ask to help you.  
Consider positive things that will bring you energy and excitement and help you to live well.

Choose a Fruit of the Spirit that you would want other people to associate with you.  
These are: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.  
How might you grow that in the way you live and the words you use? Who could help you flourish?

Now the tricky bit:

Think about the things in your life that take joy away from you, that sap your energy and make you fearful. Reflect on how these might be given less time, how they might change to be life-giving, how they can be feared less.



Ask yourself:

- What do you need to do to **BUILD** good things in your life?
- What do you need to do less or **STOP** in order to do something more positive more often?
- What could you **START** to achieve what you want?
- Who do you need to spend more time with to **GROW** more in good ways?
- Who do you need to spend less time with to be less distracted from the joy in your life?
- Do you need to listen less to negative influences?
- Do you need to find coaches and cheerleaders who will encourage you?

Ask God for His help and His Spirit. Ask God to flourish within you. Ask for the Faith to keep trying.

We are surrounded by a great crowd of witnesses - faithful people who pray for us to find joy and peace in the love of the Lord Jesus. Pray that God will help you find someone to encourage you, to help you flourish in all you want to achieve and in the way you want to live.

Watch <https://www.youtube.com/watch?v=slaT8Jl2zpl> Lauren Daigle - You say I am strong  
or

Watch <https://www.youtube.com/watch?v=e8qDOGLCSFo> Rachel Platten - Fight Song  
or

Watch <https://www.youtube.com/watch?v=tsjEmLkphrl> This Is Living (feat. Lecrae) (Music Video) - Hillsong Young & Free

**SEND OUT:** A blessing could be said. In the Bible, in Numbers 6:24-26 it says

“The LORD bless you and keep you; the LORD make his face shine on you and be gracious to you; the LORD turn his face toward you and give you peace.”

You could watch [Makaton UK Blessing - signers throughout the UK #makatonukblessing](#) or the UK Blessing in British Sign Language: <https://www.youtube.com/watch?v=vnEhlz2eHow>

## 2. SPIRITUAL DEVELOPMENT

*(practical ways to help us explore faith and develop spiritually at home together)*

### **EXPERIENCES that can help us ENCOUNTER:**

Consider the issue of identity and how we see ourselves

<https://www.gloucester.anglican.org/parish-resources/communications/identity/>

How does social media make some people feel?

<https://www.youtube.com/watch?v=QwaKEaG4m34>

Try some of the 'Real me' Messy church resources-<https://www.messychurch.org.uk/resource/real-me>

Flourishing is not just about having a good life, it is about the way things are meant to be. In the Book of Genesis we see God create and then say it was 'Very Good', this tells us that it was God's intent for creation to flourish. As part of God's creation, being made in His image we feel this desire for flourishing deep within us. In the video below Austin Channing Brown questions whether or not society has allowed all people to flourish. She is talking about racial injustice, timely given the Black Lives Matter movement following the tragic incidents in the USA. She asks, "Do you believe in your heart that God created everyone equal in the divine image of God?" Do we allow and support all people to flourish regardless of who they are or what they may look like? This is a long video, and you may wish to stop watching at 7 minutes.

<https://www.youtube.com/watch?v=20TgbIL5Bgw&feature=youtu.be>

In order for flourishing to happen it may be that relationships and structures need to be healed; reconciliation is needed. Reconciliation is an ongoing spiritual process, involving repentance, forgiveness and justice that restores broken relationships to reflect God's intention, for all creation, to flourish. That's what God intended from the beginning and as a result many Christians believe that it is their duty to work against injustice, to heal broken relationships and enable all people to flourish. This video talks about how that might be made possible.

<https://www.youtube.com/watch?v=iSyHbQLWXyw&feature=youtu.be>

John 10:10 says that Jesus came so that we could live life in all its fullness. One of the Church Fathers Irenaeus said that 'The glory of God is a man fully alive.' Flourishing is about life being the way it is meant to be, in a relationship with God and with others; being allowed to be who you are, to grow, to learn, to love. Many Christians have struggled with this and felt that they have been unable to flourish. The following videos tell their stories and how this can be overcome and how they are now flourishing and supporting others to flourish.

<https://www.youtube.com/watch?v=gXL2qtX7aAc&feature=youtu.be>

<https://www.youtube.com/watch?v=Y7L398VU1ck&feature=youtu.be>

### **PRAY ABOUT IT:**

The Bible talks about God's Holy Spirit enabling the fruit of the Holy Spirit to grow in us.


These are: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Ask God to enable these fruits to develop more in your life.



## ACTIVITIES that can help develop PRACTICES-HABITS:

YOU SAY... GOD SAYS...		
YOU SAY	GOD SAYS	BIBLE VERSES
I can't figure it out.	I will direct your steps.	Proverbs 3:5-6
I'm too tired.	I will give you rest.	Matthew 11:28-30
It's impossible.	All things are possible.	Luke 18:27
Nobody loves me.	I love you.	John 3:16
I can't forgive myself.	I forgive you.	Romans 8:1
It's not worth it.	It will be worth it.	Romans 8:28
I'm not smart enough.	I will give you wisdom.	I Corinthians 1:30
I'm not able.	I am able.	II Corinthians 9:8
I can't go on.	My grace is sufficient.	II Corinthians 12:9
I can't do it.	You can do all things.	Philippians 4:13
I can't manage.	I will supply all your needs.	Philippians 4:19
I'm afraid.	I have not given you fear.	II Timothy 1:7
I feel all alone.	I will never leave you.	Hebrews 13:5

 BibleStudyTools.com



*God says*  
*You are*

UNIQUE	PSALM 139:13
LOVED	JEREMIAH 31:3
SPECIAL	EPHESIANS 2:10
CARED FOR	EPHESIANS 3:17-19
LOVELY	DANIEL 12:3
PRECIOUS	1 CORINTHIANS 6:20
STRONG	PSALM 18:25
IMPORTANT	1 PETER 2:9
FORGIVEN	PSALM 103:12
PROTECTED	PSALM 121:3
CHOSEN	JOHN 15:16
FAMILY	EPHESIANS 2:19

facebook.com/lewissatinistore 

MATT & NAT

Try using the Bible verse in the list above or the chart left. Each aspect focuses on understanding more of how God sees us; if flourishing is part of God's creation and is how things are meant to be, then this should help us to flourish.

### Hopes and Dreams Prayer Station

We all have hopes and dreams, but will these allow us to flourish - to grow, to develop - in the way God intended?

Take three pieces of paper and think about the hopes that you have; the things that will allow you to live life in all its fullness (remember it is not just about living a good life!). Write down three hopes and dreams; the first is a small hope or dream, something that could happen today. The second a bigger hope or dream, something that is certainly possible. The third is a huge hope or dream, something that feels impossible.

Now, think about how you might be able to achieve these. What would you need to be able to flourish?

<https://www.prayerspacesinschools.com/resources/15>



### 3. PASTORAL CARE -IDEAS FOR LOOKING AFTER....

#### **Ourselves & Our staff**

Explore music that might help us reflect further on flourishing, e.g. Spotify- Flourish play list- <https://open.spotify.com/playlist/0gpuPhqT2NMc2lPgdrftE>

Try the prayer spaces at home activity on Hope ropes, to help us reflect on some of the areas of our lives that could be holding us back flourishing

##### **Hope rope**

[https://www.prayerspacesinschools.com/upload/home\\_resources/downloads/52019ddcee88d839322f3480d6a9c266.pdf](https://www.prayerspacesinschools.com/upload/home_resources/downloads/52019ddcee88d839322f3480d6a9c266.pdf)

‘Live Life Purposely’ (<https://livepurposefullynow.com/4-things-stop-order-flourish/>) claims there are FOUR things we need to stop doing in order to flourish:

- i. Stop asking the wrong questions (e.g. ‘what was I thinking?’)
- ii. Stop arguing for your limitations (stop seeing yourself as victim, when we do we feed our limitations and hold ourselves back)
- iii. Try to stop complaining (flip our mindsets to be more positive dream bigger and aim higher not dwelling on our shortcomings)
- iv. Stop waiting for the perfect time (you make it the right time – direct your energy and thoughts to making it happen now)

#### **Our families & our community**

Try the prayer spaces at home activity on reconciliation zips, to help us remove some of the barriers that might be stopping us from flourishing

##### **Reconciliation zips**

[https://www.prayerspacesinschools.com/upload/home\\_resources/downloads/3c5bfdb964040294232b024a4967af75.pdf](https://www.prayerspacesinschools.com/upload/home_resources/downloads/3c5bfdb964040294232b024a4967af75.pdf)

Many Christian communities work together to help others to flourish. When Rev Rachel Treewek was ordained Bishop; her work enabling the flourishing of others was recognised. The pectoral cross, a symbolic item worn by a Bishop, presented to her was created from bullet shells which had been found in the battlefields of Mozambique's civil war. Bishop Rachel was very involved with a link with Mozambique for a number of years during her time as an Archdeacon in London. The pectoral cross tells the story of Mozambique's journey to peace after the post-colonial civil war which ended in 1992. The Christian Council of Mozambique set up the project, Transforming Arms into Plowshares, in 1995, which transforms recycled weapons of war into art, as a tool for peacebuilding and more importantly, peacekeeping in post-conflict societies. To date over 900,000 weapons have been decommissioned. How does this allow others to flourish?

<https://www.gloucester.anglican.org/2015/bullets-beaten-into-cross/>

## GOING DEEPER/FURTHER RESOURCES

### Biblical References:

- **Numbers 6:24-26**

The blessing found in Numbers gives insight into the many facets of flourishing;

*“The LORD bless you and keep you; the LORD make his face shine on you and be gracious to you; the LORD turn his face toward you and give you peace.”*

At the end of Numbers 6 God gives Moses a blessing for the priests to use to bless God’s people (Numbers 6:24-26). This “priestly blessing” has often been described by biblical scholars as the perfect Hebrew poem. The blessing is composed of three sentences. Each sentence is a separate blessing, which is composed of two parts. In the original Hebrew, the first sentence is only three words, the second sentence is only five words, and the final sentence is only seven words. The numbers three, five, and seven have significant meaning in the Bible: Three is the number of completion or perfection and unity: Five is the number associated with grace: Seven is the number of God, divine perfection, or completeness: Looking at the structure of this priestly blessing, we see God’s grace (symbolized by the number five) surrounded by his perfection (symbolized by the numbers three and seven).

[https://www.youtube.com/watch?v=PUtl3mNj5U&disable\\_polymer=true](https://www.youtube.com/watch?v=PUtl3mNj5U&disable_polymer=true) - The UK Blessing

- **Genesis 1:1-31** This is the creation story. God creates from nothing. On each day, when God had completed the creation He says it was good. When God completes the creation of man He says it was ‘Very Good’. Genesis tells us that God created mankind in His own image. As part of God’s creation, being made in His image we feel this desire for flourishing deep within us.
- **Jeremiah 29:4-7** Jeremiah sends a letter to all those in exile. In it there are instructions, from God on how the exiles should live and flourish. It tells them to do very ‘normal things’ such as build houses, marry, have children, but that they should also seek peace and pray. It is in these things that they will flourish.
- **Psalms 19** Psalm 19 might help us to understand what it means for humans to flourish as it shows us that nature flourishes when it is allowed to do as God intended it to. We can learn from this by living in the way God intended - loving one another, serving and caring for each other, but also loving and serving God. C. S Lewis explained this further: “God made us: invented us as a man invents an engine. A car is made to run on petrol, and it would not run properly on anything else. Now God designed the human machine to run on himself. He himself is the fuel our spirits were designed to burn, or the food our spirits were designed to feed on. There is no other. That is why it is just no good asking God to make us happy in our own way without bothering about religion. God cannot give us a happiness and peace apart from himself, because it is not there. There is no such thing.” God is our fuel that allows us to flourish.
- **Galatians 3:28** The Bible teaches that all people should be allowed to flourish.
- **1 Peter 4:8-11** Everyone wants to flourish in life, everyone wants to make an impact and everyone wants to make a difference. Ironically though, the less you think about yourself, the more you flourish and the more you become the person God created you to be.

Peter tells us here that we should be using our God-given gifts to serve others, using God as their strength, and enabling others to flourish.

## Examples of individual people flourishing in Biblical stories

There are many examples of people flourishing shown in the Bible; you may want to read some of their stories. Here are just a few of them...

- Esther
- Joseph
- Daniel
- Peter (Flourished after a tough start)
- Gideon (Flourished after a tough start)
- Ruth (Flourished after a tough start)

## Find out more/Exploring further

1. Explore The Transforming Arms into Tools project in Mozambique, where over 600,000 weapons were surrendered in exchange for tools.

<http://www.bbc.co.uk/ahistoryoftheworld/objects/97OnxVXaQkehlbliKKDB6A>

<http://sites.miis.edu/reflections/2014/11/24/the-life-of-a-gun-transforming-tools-for-killing-into-tools-for-peacekeeping-in-mozambiques-tae-project/>

2. Consider Psalm 92-it has the most direct references to “flourish” than any other chapter in the Bible.

It begins and ends with God’s goodness, His provision and His righteousness. For this, we are told it is good to give thanks and sing praises because of His faithfulness.

It says the righteous will flourish like the palm tree and cedar in Lebanon. Trees are stable, long-lasting plants, and the longer they live, the more they tend to flourish, both in fruit and through adversity.

**“The righteous flourish like the palm tree and grow like a cedar in Lebanon. They are planted in the house of the Lord; they flourish in the courts of our God.” Psalm 92:12-13**

Take a moment to let that sink in. Not only are we like trees, sturdy and constant, but we are planted before the Lord. In His presence, there we flourish, there we thrive, and there we have life everlasting.

Reflect- are you a palm tree Christian?

[http://www.biblefellowshipunion.co.uk/2010/Mar\\_Apr/PlmTrChr.htm](http://www.biblefellowshipunion.co.uk/2010/Mar_Apr/PlmTrChr.htm)

3. Parts of our Planet (see video below) are now flourishing because of COVID 19 and lockdowns. Think about how or what we may do differently in the future to ensure we continue to heal our planet? For example - walk more, be less wasteful, and consume less?

<https://www.bing.com/videos/search?q=the+flourishing+planet+during+lockdown&ru=%2Fvideos%2Fsearch%3Fq%3Dthe%2520flourishing%2520planet%2520during%2520lockdown%26qs%3Dn%26form%3DQBVR%26sp%3D-1%26pq%3Dthe%2520flourishing%2520planet%2520during%2520lockdown%26sc%3D0-38%26sk%3D%26cvid%3DC4F6930AA1AC4BEA9ED895CE426097E5&view=detail&mid=24846BE0094A3053DB8524846BE0094A3053DB85&&FORM=VDRVRV>

<https://www.bing.com/videos/search?q=the+flourishing+planet+during+lockdown&&view=detail&mid=C3C7957990CF0F1F344BC3C7957990CF0F1F344B&&FORM=VRD GAR&ru=%2Fvideos%2Fsearch%3Fq%3Dthe%2520flourishing%2520planet%2520during%2520lockdown%26qs%3Dn%26form%3DQBVR%26sp%3D-1%26pq%3Dthe%2520flourishing%2520planet%2520during%2520lockdown%26sc%3D0-38%26sk%3D%26cvid%3DC4F6930AA1AC4BEA9ED895CE426097E5>

4. Flourishing by Chungha. Consider what the lyrics say about flourishing [CHUNG HA \(청하\) - 'Flourishing' LYRICS \[ENG COLOR CODED\] 가사](#)

Chungha said about "Flourishing" during the EP showcase on the 23rd of June 2019, "I sang it all in English because I wanted to communicate better with my fans abroad. It has the message that I'm telling everyone, 'I have grown and I will keep on growing.' It's about telling everyone that I'll be confident and not afraid of everything that I'm doing."

5. Watch the Clip from 'Britain's Got Talent' auditions. How have these children shown flourishing? What has enabled them to flourish?

[GOLDEN BUZZER! Sign Along With Us put on the GREATEST show in EMOTIONAL Audition | BGT 2020](#)

## 6. Leadership, Flourishing and Film

Not everyone considers leadership to be a quality they possess. Yet if we understood what good leadership looked like and how it can positively affect flourishing, we could all recognise we have the ability to lead and promote flourishing. Good leadership is allowing and providing others the opportunity to flourish and fulfil their true potential. By building trust amongst others in our communities we allow others to prosper and thrive. Good leaders are also able to listen, by simply giving someone the time of day and your genuine focus – which seems like nothing. However, in today's world we are often focused on our phones screens, laptops and tablets often failing to give others our real full attention. By truly listening to each other we build trust and form successful relationships leading to flourishing.

When we look at the world of sport, we can see many of the best examples of successful leadership. There are leaders who have gone on to lead to championships and win trophies. Sport also demonstrates that to fully flourish and be successful we must also be willing to fail and to accept failure when it comes. Failure is to be celebrated as an opportunity to build, grow, and get better.

Linked Films and Series:

'The Last Dance' (certificate I5): This series follows the story of one the most successful dynasties in sporting history, and how they managed to flourish and dominate for 6 championships. As well as this it follows Michael Jordan recognised as the greatest basketball player of all time and renowned for his leadership and attitude towards winning, success and flourishing.

'Invictus' (certificate I2A): This shows the story of the South African rugby team (the Springboks) and their quest to win the rugby world cup in South Africa. It is set alongside the rise of Nelson Mandela and the start of his presidency following apartheid. It is a story of leadership and how the then captain Francois Pienaar and Nelson Mandela had to overcome many struggles and barriers to allow their sports team, but also their country to flourish.





Weekly Resources for Schools

**PHASE: SECONDARY**

# **FESTIVALS THEME: HARVEST**







## KEY CONCEPT/MESSAGE:

***Harvest is a time for celebrating abundance, giving thanks for all the good gifts we have received. Yet we know that many people do not have enough. In the Bible, God frequently reminds His people of the importance of taking care of those who are in need. The story of Ruth and Boaz is an example from the Old Testament where they both put other people first. How can we also look to the needs of others?***

*‘When we give generously, with an abundance mentality, what we give away will multiply.’*

Henri Nouwen

## BIBLE STORY OF THE WEEK:

### The Story of Ruth and Boaz

“GOD bless whoever it was who took such good care of you!” Ruth 2:19 (The Message Bible)





## Gathering

2020 has been unbelievably challenging but we're not the only people to face difficulties.

There are many in this world who face even greater hardships on a day to day basis than we do. How do you react to that?

In challenging times – are we thankful for what we do have, or do we grieve what we don't have?



How has the pandemic effected your attitude to towards others? Do you feel the same about donating to charity as you did before?

Today we are going to think about the harvest we share and how we care for those whose harvest is not so good.

*God has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God? Micah 6 verse 8*

## Engagement

We would like you and your students to engage with the story of Ruth and Boaz in the Book of Ruth, which is found in the Bible but is also part of the Jewish Ketuvim and is traditionally read at the Jewish holiday of Shavuot. In particular Chapter 2. Present the story in a way that is suitable for your school context. We have included here a rough script but please take this and make it your own.

*'One of the best stories in the Bible you won't have heard of is the story of Ruth and Boaz. It is a story of loss and love and redemption. Set against the background of harvest in an agricultural community it's almost like a biblical Poldark!'*

**Key to understanding the story is knowing the significance the Jewish Law of Gleaning which was a form of welfare system.** If you owned a field, your reapers could go through the field once, and only once. Whatever they missed was left for widows, the destitute and orphans – for those who had no one else to care for them.

*People believed that the existence of the Gleaning Law was proof of God's concern for the poor among the people.*

*Let's concentrate on chapter 2. Ruth was a foreign widow looking after her Jewish mother-in-law Naomi. In her gleaning, Ruth happened to come to the part of the field belonging to Boaz, one of the wealthiest landowners in the area. Boaz was introduced to Ruth by an unnamed servant. She obviously caught his eye because he instructed his supervisors not to let the young men bother her, and*



The Law of Gleaning decreed that landowners were not to harvest the full extent of their fields, but were to leave produce in the hard-to-reach areas for the poor and foreigners who might be in the land.

he gave her protection. He also instructed them to drop handfuls of grain on purpose. As a woman, a poor widow, and a foreigner, Ruth could have no claims on anyone. She was at the lowest rung of the social ladder. But Boaz ensured she was looked after and provided for. **The Old Testament teaches that Ruth received the grace (undeserved favour) of God and the channel of that grace was Boaz.**

**Could you in some way be a channel of grace to someone today?**

**Perhaps someone whom others might look down on, or see as unworthy?**

*In the next chapter of the story, Ruth and Boaz get together on the threshing room floor, but you can look that up later. The story has a happy ending as they get married, live happily ever after and among their descendants you find both King David and Jesus! Pretty astonishing for a poor, foreign widow!*

## Response

**Reflect:** In the story Boaz had a plentiful harvest in his fields so he was able to give some to those in need. Ruth, who in some ways was the exact opposite of Boaz – a woman, a person without any wealth or resources, an immigrant without a husband – is also generous in her own way. She has no material wealth to offer, but she leaves behind her family and follows her mother-in-law to a foreign land where she has no guarantee she will be accepted or cared for.

**Is generosity only in the gift of the wealthy?**

**Who, in fact, in our world demonstrates the greatest generosity to others?**

**Action:** The [Trussell Trust](#) runs foodbanks across the UK Harvest festival is an important time for food banks but this year things are a bit different with churches closed and traditional harvest festivals not taking place. This is just at the time when the need is greater. Could your school safely help out in some way? There is a guide to doing this [here](#).

## Sending

Why not 'send' with some prayers taken from this [prayer guide](#) produced by the Trussell Trust? They can be easily adapted to suit your community and age group.

Here are some ideas from the guide of what we might want to pray for:

- People experiencing acute poverty: that they would receive the support they need and be able to find positive pathways forwards.
- Food banks: that they would receive sufficient food donations, and that they would be able to respond to every person who needs their support with sensitivity and kindness.
- Our society: for justice and compassion to prevail in political and economic decision-making, so that everyone is protected from poverty and has the chance to flourish.

## SPIRITUAL DEVELOPMENT

*(practical ways to help us explore faith and develop spiritually at home together)*

### EXPERIENCES that can help us ENCOUNTER:

Listen to the song '[Harvest for the world](#)' originally written by the Isley Brothers but many other versions are available including this version by pop band The Christians.

Reflect on the words to this song and produce an artistic response to the powerful lyrics.



Harvest Festival looks very different this year but consider holding a 'Brew and Bake' event to raise money for Christian Aid or other charity that you would normally support at Harvest Festival time. You can either do this in your bubble or virtually across the schools. There are some great ideas about how to do this [here](#).

To find out more about Christian Aid's harvest appeal why not look at Ariana's story in this [PowerPoint](#) resource. The PowerPoint is designed for Primary, but it is adaptable and it might be worthwhile to focus on Ariana's older sister Johaira and her role in sustainable development.

### ACTIVITIES that can develop PRACTICES-HABITS:

Use the **EXAMEN** prayer to reflect on harvest. The Examen is a 500-year old prayer, designed to help people in their every day lives. It was written originally by St Ignatius of Loyola, who started his young adult life as a soldier who wanted to save everyone. However, he was injured in war and when he started reading the only books available in hospital – Bible stories – he realised he wanted to help people in a different way. Not as a hero, but as someone who served others. He set up a group of people, now known as the Jesuits, who helped the poorest in society. The current Pope is a Jesuit.

Since St Ignatius' time, people have used the Examen in lots of ways. It starts with gratitude and ends with thinking of how to serve others.

1. GIVE THANKS – what can you be grateful for today? It might be something very small – it might be that you had enough to eat today.
2. ASK FOR HELP with your attitude toward those who are in need – for whatever reason.
3. REFLECT on your day and think about the times you felt generous and loving towards others, and also on the times you felt resentful and unwilling to share what you have.
4. SAY SORRY for the times you may have been selfish and hoarded things only for yourself.
5. DECIDE how you will be more generous, sharing what you have, tomorrow.

To discover more about using the Ignatian Examen with young people, listen to this [podcast](#).

## CONVERSATIONS which CONNECT COMMUNITIES:

Christians believe that the story of Ruth and Boaz can offer many insights for people today.

Firstly, they believe that God often works through those who have endured tragic situations to change the lives of others.

**How have people you know coped and managed through tragic situations? Has the situation caused them to become more turned in on themselves, or to look outward at others?**

**Do you think that it is possible to sustain belief in God if a person encounters tragedy and loss?**

**What attitudes do you believe we should show to the poor and to foreigners, particularly those that have experienced tragic situations?**

Second, they believe that God can work through unlikely means. Ruth, a poor widow and a foreigner, was welcomed and provided for by the wealthy and respected Boaz, and consequently became part of the family line of both King David and Jesus.

**What impact can kindness and generosity have on others?**

**Is it ever possible to transform or turn around another person's life by helping them?**

Third, some Christians see evidence of God's sovereign power in this story – that is, they believe that God is in control of everything that happens, even when we do not understand the situation.

**How do you react to the statement 'God is in control of everything that happens, even when we do not understand the situation'?**

**How do you make sense of the suffering of billions of people around the world without homes, food or safety? Who do you think is responsible?**

**What about those in my own community who are struggling? Do we have a responsibility to help, serve and care for them?**

**What is the modern-day equivalent of the Law of Gleaning?**



### INVITATIONAL

Everyone is welcome to take part in collective worship, as much or as little as they or their parents and carers are comfortable with. This means we use invitational language and consider carefully our choice of words and songs. Children are invited to pray but are not compelled or expected to do so; they always have a choice. We invite them to pray or reflect in whatever way they would usually as a family, if that is part of their home experience.

### INCLUSIVE

Acts of worship need to be inclusive of all. Therefore, we choose topics and ideas that are shared by different faiths and worldviews. When we present Christian teaching, we make it clear that this is 'what Christians believe', saying things like:

'I wonder why this story might be important to Christians?'

'The story today comes from the Bible (the holy book of Christians), which teaches that ...'

Our worship should be accessible for children and young people with a range of different backgrounds, and so we take care that activities do not require expensive resources. We also offer a variety of activities, so that children and young people with differing needs can all find something they can engage with.

### INSPIRING

We aim for our acts of worship to inspire those engaging with them. How might it engage their emotions, enabling a sense of peace, comfort, hope or motivation? How might it inspire them into action, into thinking differently and considering their behaviour or actions? How might it inspire them to reflect on their faith or beliefs, and on the faith or beliefs of others?