

Acts of Worship

Virtue: Perseverance / Resilience

Virtue to live by:

I will not give up. I will have faith and hope, even when things are difficult.

Week 1

Gathering together

Focal point:

White cloth for Easter tide

Candle, Bible opened at

Risen Lord crucifix

Pictures of the Risen Christ

Gather song/ reflective music on entrance

Word

John 20:19-31 Good News Translation (GNT)

Jesus Appears to His Disciples

19 It was late that Sunday evening, and the disciples were gathered together behind locked doors, because they were afraid of the Jewish authorities. Then Jesus came and stood among them. "Peace be with you," he said. 20 After saying this, he showed them his hands and his side. The disciples were filled with joy at seeing the Lord. 21 Jesus said to them again, "Peace be with you. As the Father sent me, so I send you." 22 Then he breathed on them and said, "Receive the Holy Spirit. 23 If you forgive people's sins, they are forgiven; if you do not forgive them, they are not forgiven."

Jesus and Thomas

24 One of the twelve disciples, Thomas (called the Twin), was not with them when Jesus came. 25 So the other disciples told him, "We have seen the Lord!"

Thomas said to them, "Unless I see the scars of the nails in his hands and put my finger on those scars and my hand in his side, I will not believe."

26 A week later the disciples were together again indoors, and Thomas was with them. The doors were locked, but Jesus came and stood among them and said, "Peace be with you." 27 Then he said to Thomas, "Put your finger here, and look at my hands; then reach out your hand and put it in my side. Stop your doubting, and believe!"

Acts of Worship

28 Thomas answered him, "My Lord and my God!"

29 Jesus said to him, "Do you believe because you see me? How happy are those who believe without seeing me!"

Response to/reflection on the Word

When we are sad and we reach a point where life is very difficult for us, there are some words that are important – faith and hope. These help us build our resilience.

(Put on quiet, reflective music)

We are going to think about the Gospel reading we have just heard and what this means to us.

Just picture the disciples in that dark room. How did they feel? They had just seen their friend and teacher, Jesus, being crucified, put to death on the cross.

Why were they frightened? What gave the disciples hope? They needed to keep going, to persevere, despite their fear.

Are there times when we feel frightened and alone? What gives us hope?

In these times, this is when God said, "Peace be with you." He is always with us, especially when we feel sad, worried or alone.

Give children time to pray silently, or pray with them. Alternatively, there are some prayer examples below:

Let us end our time of prayer by thinking about all those in our world who do face difficulties in any aspects of their life.

(It may be that there is a story in the news that could be used here or e.g. story of Jane Tomlinson)

Let us pray that they will be given strength and hope for their future.

Father,

We pray for ourselves for those times when we will experience life as difficult. For all the times when we feel we want to give up. For the times we feel hopeless.....

.

Acts of Worship

Father, help us all to feel your love holding us through the bad times, giving us hope for the future. We make this prayer through Christ our Lord, Amen.

Going forth

This week within our school and home family, we are going to find ways in which we can be resilient, when we do not give up when things become hard or difficult because we will feel God's loving presence in every aspect of our lives.

Ideas for music:

Leona Lewis 'Footprints in the sand' (good powerpoints available to compliment this)

Father I place into your hands

Acts of Worship

Virtue: Perseverance, Resilience

Virtue to live by:

I will not give up. I will have faith and hope, even when things are difficult.

Week 2

Gathering together

Focal point:

White/gold cloth

Candle

Risen Christ crucifix

Fishing net, Fish template for children to take back to class

Gather song/ reflective music on entrance

Word

Luke 5:1-11

1 One day Jesus was standing on the shore of Lake Gennesaret while the people pushed their way up to him to listen to the word of God. 2He saw two boats pulled up on the beach; the fishermen had left them and were washing the nets. 3Jesus got into one of the boats—it belonged to Simon—and asked him to push off a little from the shore. Jesus sat in the boat and taught the crowd.

4When he finished speaking, he said to Simon, "Push the boat out further to the deep water, and you and your partners let down your nets for a catch."

5 "Master," Simon answered, "we worked hard all night long and caught nothing. But if you say so, I will let down the nets." 6 They let them down and caught such a large number of fish that the nets were about to break. 7So they motioned to their partners in the other boat to come and help them. They came and filled both boats so full of fish that the boats were about to sink. 8When Simon Peter saw what had happened, he fell on his knees before Jesus and said, "Go away from me, Lord! I am a sinful man!"

9 He and the others with him were all amazed at the large number of fish they had caught. 10The same was true of Simon's partners, James and John, the

Acts of Worship

sons of Zebedee. Jesus said to Simon, "Don't be afraid; from now on you will be catching people."

11 They pulled the boats up on the beach, left everything, and followed Jesus.
The Gospel of the Lord...

Response to/reflection on the Word

In this Gospel story, the disciples are feeling tired and dispirited because they had been fishing all night with no reward. The Holy Spirit gave them the strength to persevere in order to achieve their reward which was a net full of fish.

Reflection: Think of a time when you were fed up and it was difficult to carry on. How did you feel? What gave you the strength to keep going? The disciples showed faith and perseverance and were rewarded. How can you show this in your every day life this week? In your work? Relationships? Faith?

Let us now say the prayer Jesus taught us and ask God to give us strength to persevere when we face challenges.

Going forth

Each class to take a fish template back to class to use to write their own prayer to our Blessed Lord to help us to show perseverance in our lives.

Ideas for music:

Be bold, be strong

Father I place into Your hands

One more step along the world I go

Lord of all hopefulness

Acts of Worship

Virtue: Perseverance, Resilience

Virtue to live by:

I will not give up. I will have faith and hope, even when things are difficult.

Week 3

Gathering together

Focal point:

White/gold cloth

Candle

Risen Christ crucifix

Gather song/ reflective music on entrance

Word

Hebrews 12:1-3

God Our Father

1As for us, we have this large crowd of witnesses around us. So then, let us rid ourselves of everything that gets in the way, and of the sin which holds on to us so tightly, and let us run with determination the race that lies before us.

2Let us keep our eyes fixed on Jesus, on whom our faith depends from beginning to end. He did not give up because of the cross! On the contrary, because of the joy that was waiting for him, he thought nothing of the disgrace of dying on the cross, and he is now seated at the right side of God's throne.

3Think of what he went through; how he put up with so much hatred from sinners! So do not let yourselves become discouraged and give up.

Response to the Word

A good video to show as a response is the Derek Redmond 1992 Olympics – perseverance to finish the race

(<https://www.youtube.com/watch?v=oMZEjnkJzVc>) – his father carries him over the line – link to our loving Father who always carries us.

'Footprints in the sand' is another resource.

*Is there a time when you have stumbled and fallen? What helps you to continue?
Who do you reach out for support to?*

Acts of Worship

Going forth

What do we do when we see someone struggling? How can we support others as the Father supports us?

Ideas for music:

Westlife, 'You raise me up'

Calvin Harris/Rag n Bone Man, 'Giant'

Mary Mary, 'Shackles'

As the deer