

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