
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!"

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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.....

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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

