

faith at home

Weekly Resources for Collective Worship, Spiritual
Development and Pastoral Care

PHASE: PRIMARY

WEEK 6 THEME: RESILIENCE





KEY CONCEPT/MESSAGE:

Resilience is the strength of character to keep going even when we encounter challenge. It can be grown or developed, like a muscle.

Christians learn from the Bible how to keep going when seeking justice or serving others, knowing that they don't have to do it alone.

TOGETHER, WE CAN ALL GROW IN RESILIENCE

'To fight for change tomorrow, we need to build resilience today.'

Sheryl Sandberg

BIBLE STORY OF THE WEEK:

The Parable of the Persistent Widow (Luke 18:1-8)

'Yet because this widow keeps bothering me, I will see that she gets justice.'



TO CONSIDER AS YOU PREPARE

KEY QUOTE OF THE WEEK: ‘To fight for change tomorrow, we need to build resilience today.’
Sheryl Sandberg

LISTEN: Hymn – Amazing Grace: <https://www.youtube.com/watch?v=F2IYIhNSGIQ>;
<https://www.youtube.com/watch?v=UIYMy10X5YQ> or https://www.youtube.com/watch?v=xPjsyyO_XqM

Song – The Greatest by Sia: <https://www.youtube.com/watch?v=P6lpeu6Z26g>

Song – You are loved by Josh Groban: “don’t give up, because you are loved”:
<https://www.youtube.com/watch?v=EGLSk3AVcUU>

WATCH: this trailer for the Bethany Hamilton biopic ‘Unstoppable’ (Warning – this does contain mild details of a shark attack) <https://www.youtube.com/watch?v=O5MsXjUQLYM>
“I didn’t need easy, I just needed possible.”

WATCH: Piper - Piper follows a little bird whose mother encourages it to learn to feed itself on a beach. The bird gets swept away by the tide but perseveres. This is an inspiring story that shows children that you need to be resilient through the harsh waters - that you can come out with something you didn't expect to get. <https://www.youtube.com/watch?v=vPuRBiBCxyk>

THINK:



What does this picture make you think of?

How might it be possible for this tree to flourish here?

What helps people to flourish when they are in a difficult situation?

PRAY:

Use this prayer by Rachel Barrentine

Dear Father,
I praise You for Your strength, grit, and tenacity.
You never lose. You never give up.
You are the Life-Giving Breath in every living thing.
In You, I live and move and have my being.
You are my bounce-back power.
My backbone. My bravery.
Courage. Purpose. Steadfastness.
Make my spirit buoyant, like a lighthouse on the
water.
Make my soul rebound with joy at the arrows of
the enemy.

Make me Lion-hearted, stubborn with fearless
obedience.
When I feel like breaking, be my flexibility.
Bend, shape, squeeze me into Your image.
Oh that I would respond to Your voice in
faithfulness.
Oh that my eyes would be fixed on Your
greatness.
Be my Resolution. My Revelation. My Rejuvenation.
Make me resilient.
In Jesus name,
Amen.

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

GATHER:

As we begin this time of worship, you may like to light a candle to help you reflect. Christians use this moment to remember that Jesus is the light of the world, and whatever happens, will always be with them.

Now, sit facing a mirror or with your family. Either face yourself or one member of your family directly; catch and hold eye contact. It's ok to have a giggle because it may feel a little silly at first, but do not look away. When you are ready, give yourself or your partner a smile; a genuine, joyful smile, letting it show through your eyes. How does this make you feel? Hold on to this feeling. Now look around and see if you can share this feeling with someone else. You may like to play a song at this point which reminds you that you are loved, as this really helps in building resilience.

ENGAGE:

This week, we are thinking about the idea of resilience – keeping going even when we encounter difficulties. It's not an easy thing to do, but it makes a huge difference. It's also something we can learn to get better at! We can develop resilience in our hearts and minds through practice, a bit like we develop muscles in our body when we exercise.

If you can, why don't you stand up and do a quick exercise now! If we do this every day, we will get stronger in our bodies. Perhaps you find it easier to exercise with someone else alongside you. Why don't you ask a member of your family to exercise with you now!

If we practice having a go at things that are hard, we can also get stronger in our minds and our hearts. Eventually, we will be able to do harder and harder things. Knowing that we have people alongside us when we try to do hard things can make it easier too.

I wonder – what do you find really hard to have a go at? Who or what helps you with this?

Today's Bible story is about someone who tried to do something really hard and kept going even though it looked like she wasn't getting anywhere.

You can read it here: <https://www.biblegateway.com/passage/?search=Luke+18%3A1-8&version=NIV> or watch a video of the story here: **The Parable of the Persistent Widow** - <https://www.youtube.com/watch?v=Nhgd8R8nK4U>

This lady wanted justice when someone treated her unfairly. She had been really brave, going to a judge, and when she asked him for help, he refused to give her the fairness she wanted. But she kept going back! The reason Jesus told this story was to encourage his followers to keep trying – if things didn't work out straightaway, they shouldn't give up. In fact, he said this is how they should pray to God – over and over again, without giving up.

I wonder how the widow in the story felt about having to go back again and again? How would you feel? Have you ever had a time when you asked someone for justice and they wouldn't listen to you?

Why don't you have a go at role-playing this story – get someone to be the widow and someone to be the judge. How many times do you think she had to ask the judge before he gave in? Why did he eventually help her?

Now think of a different situation. It might be something that happened to you, or to someone famous (look up the stories of Nelson Mandela, Rosa Parks, Gandhi or Harriet Tubman, for example).

What helped you, or the person you researched, to keep going? How did you/ they develop resilience so that you/ they could keep trying?

REFLECT:

Watch this week's Faith at Home Assembly on Resilience: <https://www.churchofengland.org/faith-action/faith-home/faith-home-videos>



Why don't you take a piece of spaghetti (if you have one) and test out what happens if you put pressure on it when it is dry – it cracks really easily, doesn't it? How about when it is cooked? When it is cooked it actually springs back, doesn't it?

Have you ever had an experience where something difficult made you crack (like the dry spaghetti)?

Have you ever experienced a time when you felt wobbly inside, but actually you were able to spring back from a difficult situation (like cooked spaghetti)?

I wonder - who could you ask to help you if you are struggling to spring back?
Or who might need *your* help with something hard they are trying to do right now?

SEND OUT:

Who in your family, community, school or the world around us needs help to do hard things right now? Perhaps it's you... perhaps it's someone you care about... perhaps it's a group of people.

Take a moment to think of them now; you might like to say a prayer with your family if that is something you usually do. Here is a prayer you could use:

*Father God
I know you hear me when I cry out to you,
Comfort me when things feel hard,
Give me strength when I can't keep going,
Breathe into me when I feel empty and alone,
Help me to know I am loved and valued.
So I can keep springing back,
Again and again
Again and again
Again and again
Amen*

Remember, resilience is something we can practise and something we can help one another with. Please tell someone if you need help coming back from something difficult right now.

2. SPIRITUAL DEVELOPMENT

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

EXPERIENCES that can help us ENCOUNTER:

Amazing Ants! Have a hunt around outside or in your garden if you are lucky enough to have one. Look carefully and observe what the ants are doing or watch the video using the link below.

Did you know that ants are able to carry 10-50 times their body weight? They are so muscly that their bodies are incredibly **RESILIENT** and they are also great at working together.



There are times when we need to be resilient in both our bodies and minds. Reflect on any challenges you might be facing at the moment and think about who you could ask for help. Many Christians believe that God works in incredible ways and even in difficult times is able to find a path to help us... maybe by finding someone else to give you the strength to keep going!

Amazing ants are ready to view here: <https://www.youtube.com/watch?v=fjyTkagc8BI>

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

1. GIVE THANKS for something that went well today – perhaps something hard that you kept going with.
2. ASK FOR HELP to be able to do hard and challenging things
3. REFLECT on your day and think about the times when you showed resilience 😊 and when you found it hard to keep going 😞
4. SAY SORRY for the times you have acted in a way that didn't show love
5. DECIDE how you will share love with others through your thoughts, actions and words

ACTIVITIES that can help develop PRACTICES-HABITS:

Make a list of all the animals and plants you find amazing; you could even draw them and display the picture somewhere to remind you. Maybe, you could help others who are being **RESILIENT** in trying to preserve our beautiful world - like Greta Thunberg or Sir David Attenborough whom you may have heard of. You could collect plastic from a beach, plant a small meadow or try to reduce the amount of waste you create yourself. Even something as simple as making the decision to switch off your lights and electronic devices for an hour a day can make a difference to our planet and even to you!



Reflect on nature: We can develop our resilience by **practising** – like exercising a muscle. Spending time in nature - and for Christians, with the Creator of the world - is one way we can strengthen our spiritual resilience.

Spending time in nature (even looking out of the window at a tree) helps our mental wellbeing and our physical health. Take the time each day to look carefully at a daisy or to stop and listen and discover how many different birdsongs you can hear.

Why don't you explore these resources from the Diocese of Leeds which give different ideas for being in (and worshipping in) nature:

<https://www.leeds.anglican.org/sites/default/files/files/Worship%20in%20and%20with%20Creation%20Outdoor%20Resouces.pdf>

You could record in your **JOURNAL** the things you see and how they make you feel.

Bounce a ball. Each time it comes back to you, imagine yourself 'bouncing back' from a difficult situation. If the ball isn't pumped up with enough air, it will struggle to bounce back.



What do *you* need to be filled with to be able to bounce back fully?

For some Christians, it is the Holy Spirit who gives them the power to bounce back again.

Perhaps it's the love of your family and friends, feeling understood and valued, your strength of character developed over time – or a combination of all of these.

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

Who or what helps you to 'bounce back' from difficulty?

Are some things harder to come back from? Why? What gets in the way of you being able to bounce back?

How do you feel inside when you are able to 'bounce back'? How do you feel inside when you can't?

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

Ourselves & Our staff

- **Make a flow chart** of things to do when you find things hard. Hang it up on the wall, so you can look at it when you need it. Share this with peers, friends and family, because everyone needs help with resilience sometimes.
- **Stop!** And breathe... Take time to reflect and/or pray. Self-reflection and prayer help to cleanse the mind of doubts and worry and reminds us of where we can find strength and resilience.
- **Physical health and mental health are intrinsically linked.** Cook yourself a healthy, nutritious meal. Join a local gym or walking/running group. Book a massage. Whatever makes your body feel better usually makes your mind feel better.
- **Share.** 'A problem shared is a problem halved' or so they say. There is strength in asking for help.
- **Challenge yourself.** Sign up for something a little out of your comfort zone and work towards it. A 5km run in 6 months? No problem. Join with a friend and support each other. A goal is a great way to stay motivated when things get tough.

Our families & Our community

- **Ask.** Check in with your network. Getting help is great, but so is helping others. Ask someone if they are truly ok, give them space and time to talk.
- **Get involved.** Join or start a prayer group, book club, cooking club etc. Like-minded people are a great support and hobbies/interests can help with workload and time management.
- **Raise money for charity.** A sure way to brighten the lives of so many. *"In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, 'It is more blessed to give than to receive.'" Acts 20:35*

GOING DEEPER/FURTHER RESOURCES

A prayer for resilience:

Make my spirit buoyant, like a lighthouse on the water.

Make my soul rebound with joy at the arrows of the enemy.

Make me lion-hearted, stubborn with fearless obedience.

When I feel like breaking, be my flexibility.

Bend, shape, squeeze me into Your image.

Amen

WATCH: Resilience – The Biology of Stress & the Science of Hope. This documentary looks at the impact of toxic stress on children, and what scientists are doing to combat it. <https://youtu.be/bAXZVYDNURY>

FIND OUT: about Mind – charity supporting mental health - <https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/developing-resilience/>

FIND OUT: Ways to *cultivate resilience* from Mindful - <https://www.mindful.org/how-to-cultivate-the-resources-for-resilience/>

FIND OUT: Use the Bible Reading Fellowship's resources to find out about *Resilience in Lockdown* - <https://www.brf.org.uk/resilience-in-lockdown/>

LOOK UP: 25 Bible verses that help build resilience - <https://biblereasons.com/resilience/>

WATCH: a film like Moana, which includes a character needing to keep going in order to achieve a higher purpose – in this case, Moana is able to save her village and community because she doesn't give up!
<https://www.youtube.com/watch?v=LKFuXETZUsI>

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?