








Theme	 <h1 style="text-align: center;">RESILIENCE</h1>
 Key concept	<p>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.</p>
 Listen	<p>Song - The Greatest by Sia: https://www.youtube.com/watch?v=P6Ipeu6Z26g</p>
 Think	<p>'To fight for change tomorrow, we need to build resilience today.'</p> <div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 45%;">  </div> <div style="width: 50%;"> <p>What does this picture make you think of?</p> <p>How might it be possible for this tree to flourish here?</p> <p>What helps people to flourish when they are in a difficult situation?</p> </div> </div>
 Gather	<p>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.</p>
 Engage	<p>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.</p> <p>I wonder - what do you find really hard to have a go at? Who or what helps you with this?</p> <p>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</p> <p>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?</p>



Reflect



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



Spiritual development

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>