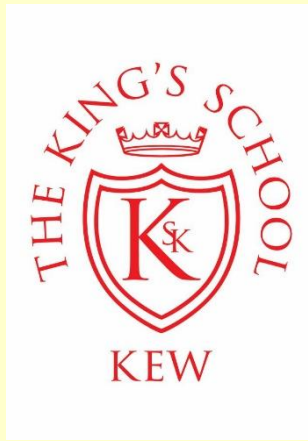


Living and learning by the values of Love, Compassion and Respect

What do you do when you find what you are doing  
tough or tricky?

<https://www.youtube.com/watch?v=kZlXWp6vFdE>

Derek Redmond 400m Olympic Clip



## Call and Response

**The Lord be with you**

And also with you

**Lift up your hearts**

We lift them to the Lord

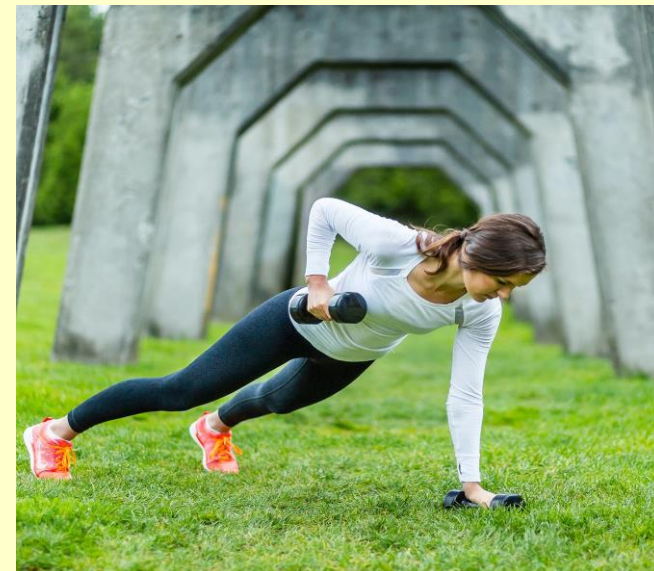
**Let us give thanks to the Lord our God**

It is right to give him thanks and praise

Which of our Learning Certainties reminds us to not give up when things are tough and we feel like giving up?

<b>Responsive</b>	<b>Imaginative</b>
<b>Determined</b>	<b>Flexible</b>
<b>Confident</b>	<b>Resourceful</b>
<b>Focused</b>	<b>Independent</b>
<b>Enthusiastic</b>	<b>Inclusive</b>
<b>Resilient</b>	<b>Motivated</b>

# Resilient



**Another word for resilient that you sometimes might hear is  
endurance.**



What do you think it means to be

**RESILIENT?**

Have a chat with the person next to you to see if you can come up with some ideas.

We can be **resilient** by:

- trying new strategies until I understand
- keep going even when I find it difficult
- never give up - I enjoy challenges
- keep trying, if I get something wrong
- using marvellous mistakes as opportunities to learn
- practise lots to get better at something

# Jesus Carries His Cross

## John Chapter 19:Verses 17-42



In The Bible we learn how Jesus showed tremendous resilience and endurance when he had to carry a very heavy cross.

He fell three times, but each time he fell, he got up again and kept walking up the hill.

The Roman soldiers asked a man called Simon, from a country called Cyrene, to help Jesus carry his cross.





What do you do when you find what you are doing tough or tricky?

What can you do if you see someone struggling?

Derek Redmond, a British athlete collapsed in the semi-final of the 400m race at the Barcelona Olympics in 1992.



**HE DIDN'T GIVE UP!**



Dear Lord,

Always help us to be resilient in all we do-at school, at home and in our lives.

Give us courage when we find things hard, challenging and difficult, and like Jesus, help us to get back up when we fall down.

We ask this in your name Lord,

Amen



**Resilient**

In the Old Testament, the Prophet Joshua says:

“Have I not commanded you?

Be strong and courageous.

Do not be frightened, and do not be dismayed,  
for the Lord your God is with you wherever you  
go.”

## Be Bold

**Be bold, be strong**

**For the Lord your God is with you [x2]**

**I am not afraid,**

**I am not dismayed**

**Because I'm walking in faith and victory**

**Come on and walk in faith and victory**

**For the Lord your God is with you**