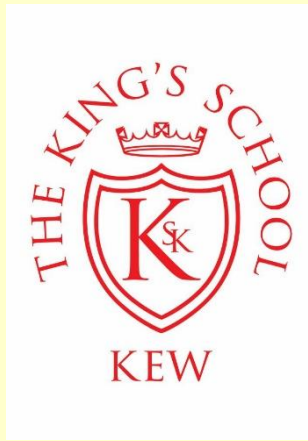


Living and learning by the values of Love, Compassion and Respect

Can you remember a time when things were tough  
and you wanted to give up?

<https://www.youtube.com/watch?v=NRQwk4UuCgE>

Michael Watson London Marathon



## 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**

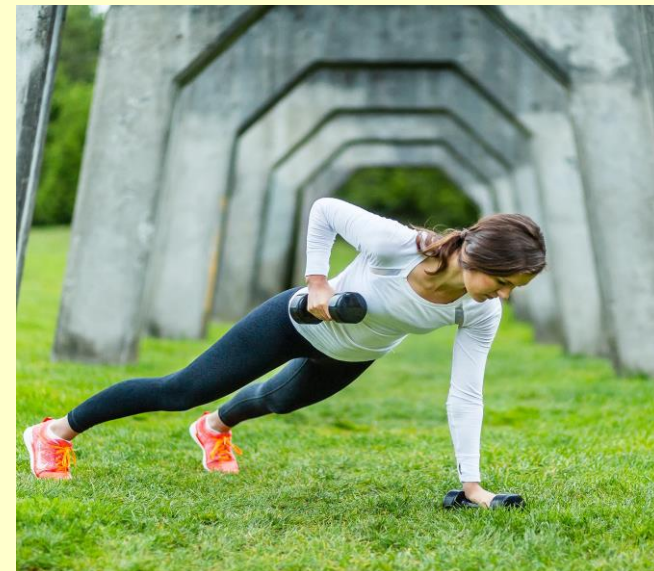
It is right to give him thanks and praise

Last week Ms Verge introduced you to finding out what it means to be resilient.

Can anyone remember how you might show that you are resilient?

What story in The Bible did you learn about last week when we learnt how Jesus showed resilience?

# Resilient



# Jesus Carries His Cross

## John Chapter 19:Verses 17-42



Which athlete did you see who showed resilience?

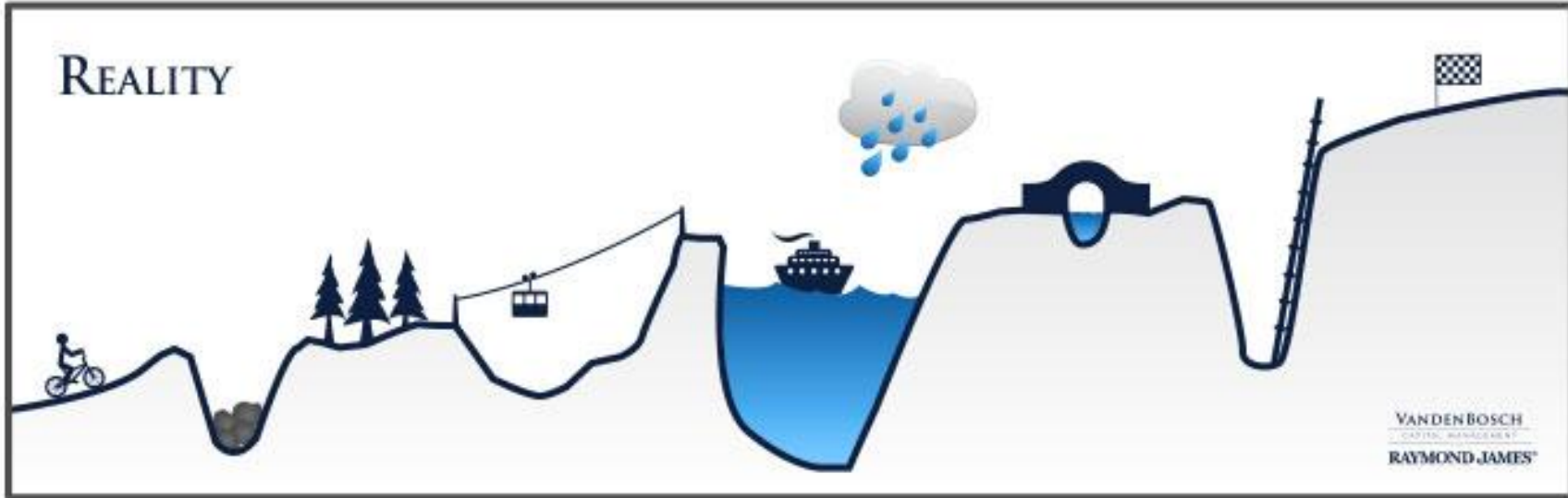


Derek Redmond didn't give up!

## YOUR PLAN



## REALITY



VANDEN BOSCH  
CAPITAL MANAGEMENT  
RAYMOND JAMES®

## The Learning Pit

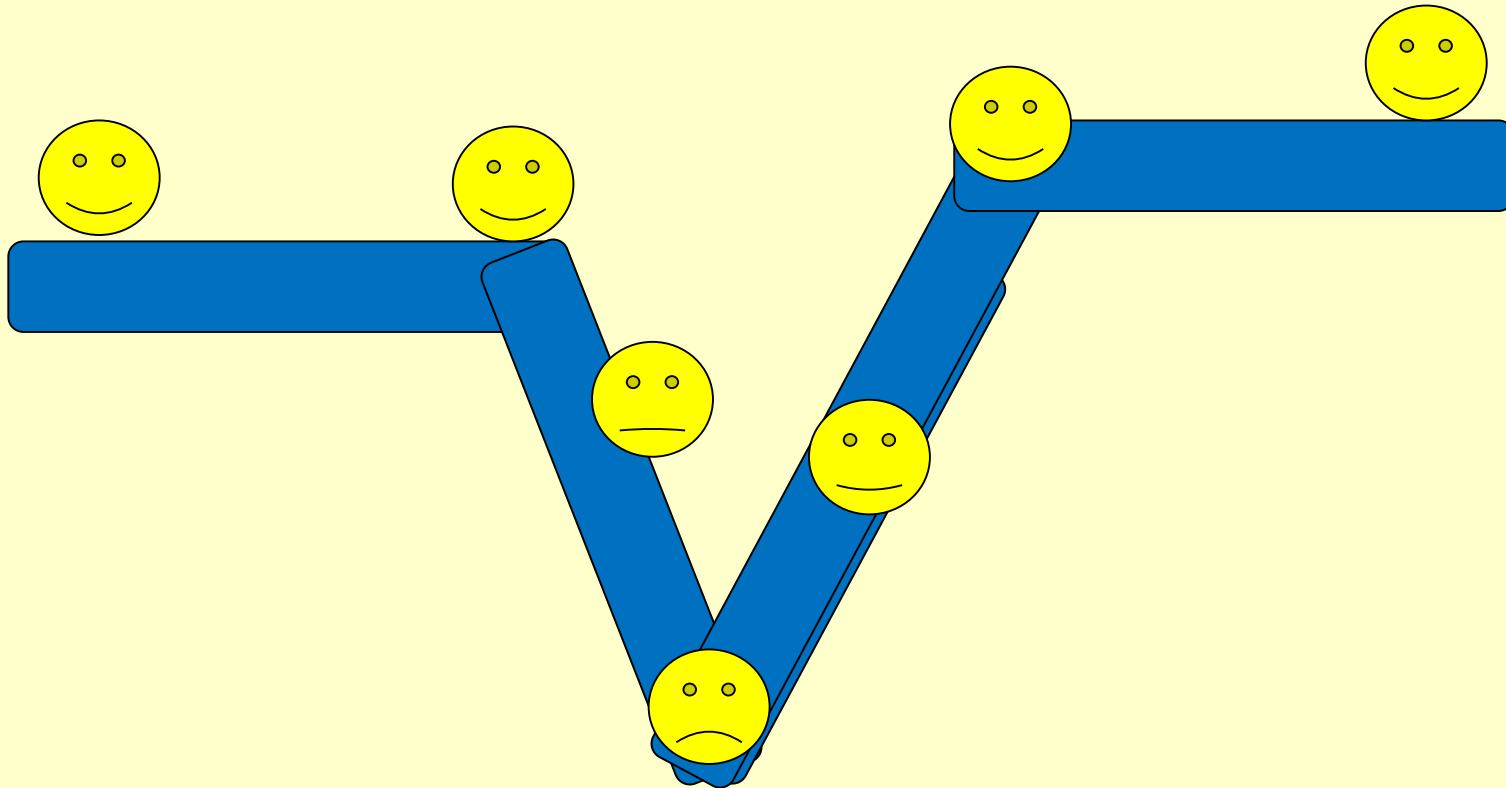
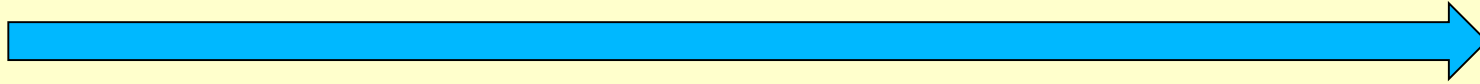


**Good learners go into the PIT!**

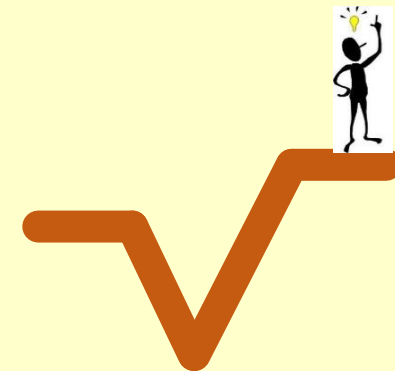


**Think about a  
something you have  
done or being in a  
lesson which you  
found challenging...**

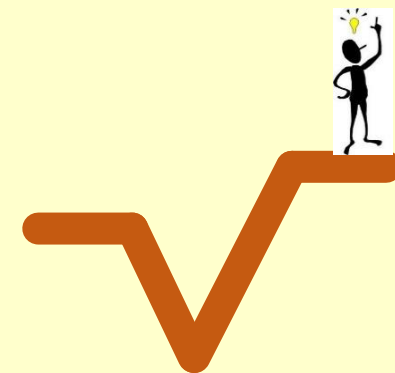




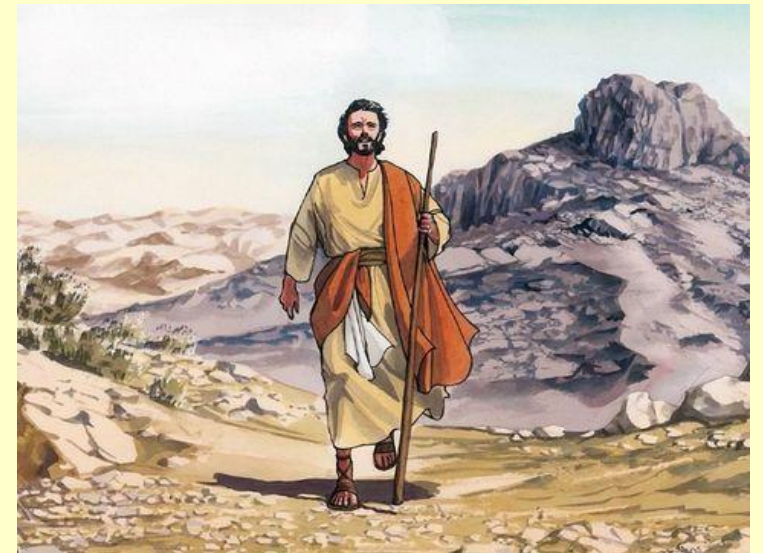
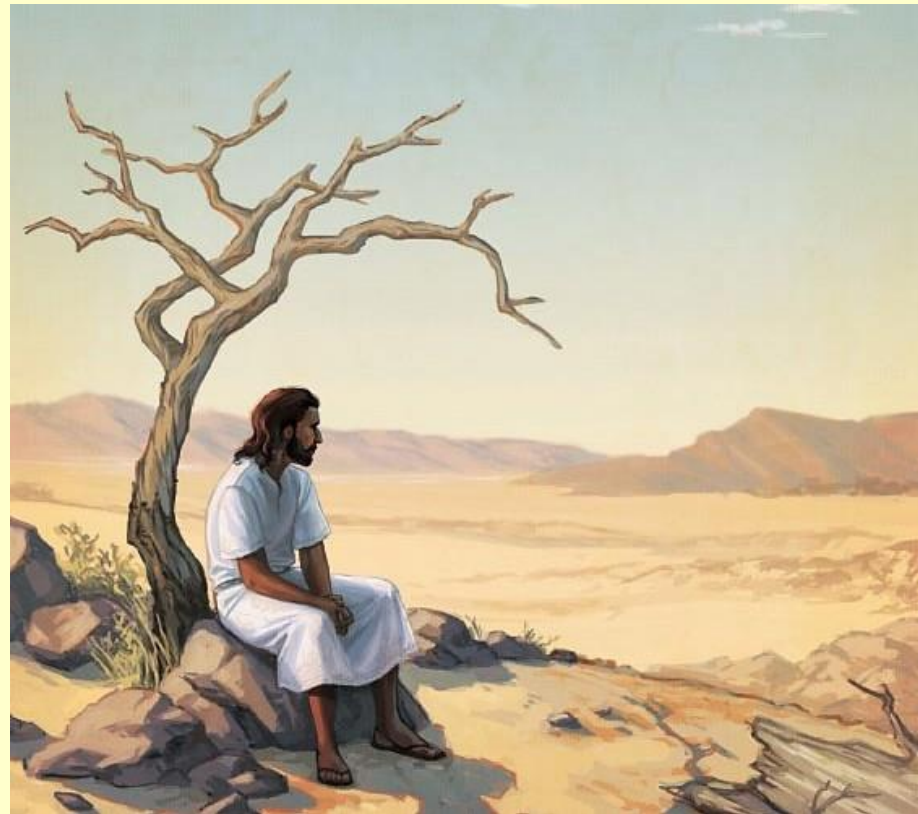
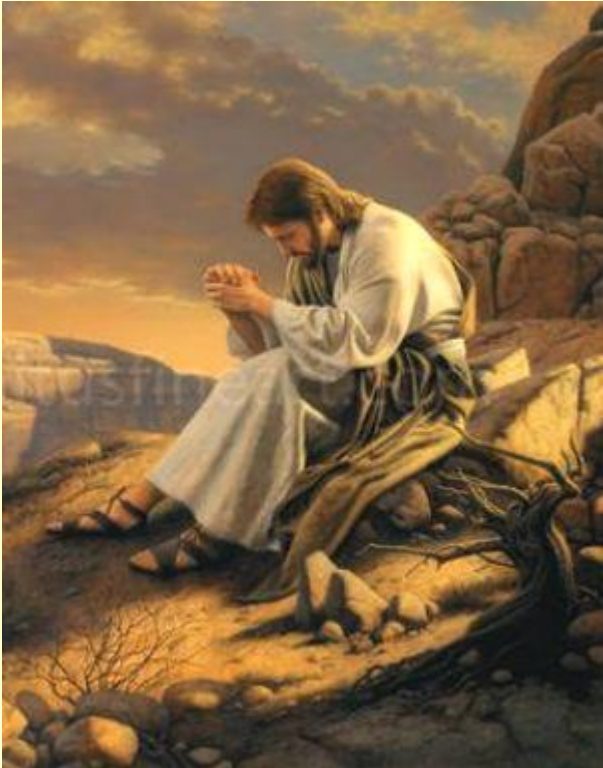
**Making mistakes  
helps us learn how  
to do things better  
next time.**



**What can you do  
to help yourself  
when things get  
tough?**



In The Gospel of Mark Chapter 4, we learn how Jesus showed resilience when he spent 40 days and 40 nights on his own in the desert to prepare himself to teach everyone of God's love for us all.



When do Christians try to copy Jesus's time in the desert by showing resilience themselves?



Lent

Michael Watson, like Jesus, showed huge RESILIENCE when he walked 26.2 miles over 6 days to walk the London Marathon.



Could you do that?

Dear Lord,

Help us to be like Jesus when he spent 40 days and 40 nights in the desert on his own when we find the things we do tough and challenging.

Give us the strength and courage to see things through to the end, even though we may make mistakes and not get in right first time round.

We ask this in your name Lord,

Amen



**Resilient**



A person is sitting on a rocky mountain peak, looking out over a vast, rugged landscape. The foreground shows the person's legs and feet, wearing dark clothing and boots. The middle ground is a rocky, uneven terrain leading down into a valley. In the background, there are dark, jagged mountains under a cloudy sky. The overall scene is dramatic and inspiring.

**EVERY  
ACCOMPLISHMENT  
STARTS WITH  
THE DECISION  
TO TRY.**

## One More Step (Along the World I Go)

One more step along the world I go,  
One more step along the world I go,  
From the old things to the new  
Keep me travelling along with you.  
*And it's from the old I travel to the new,  
Keep me travelling along with you.*

As I travel through the bad and good  
Keep me travelling the way I should.  
Where I see no way to go  
You'll be telling me the way, I know.  
*And it's from the old I travel to the new,  
Keep me travelling along with you.*

Give me courage when the world is  
rough,  
Keep me loving when the world is tough.  
Leap and sing in all I do,  
Keep me travelling along with you.  
And it's from the old I travel to the new,  
Keep me travelling along with you.