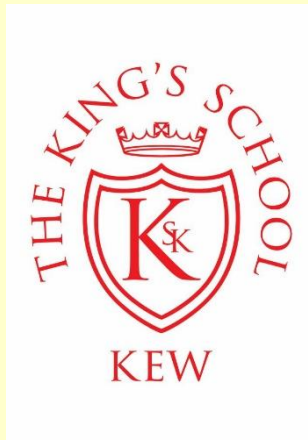


Living and learning by the values of Love, Compassion and Respect

What would you be prepared to give up in order to achieve your goals and dreams?

<https://www.bbc.co.uk/sport/av/triathlon/52388142>

Jonny Brownlee being helped by brother



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

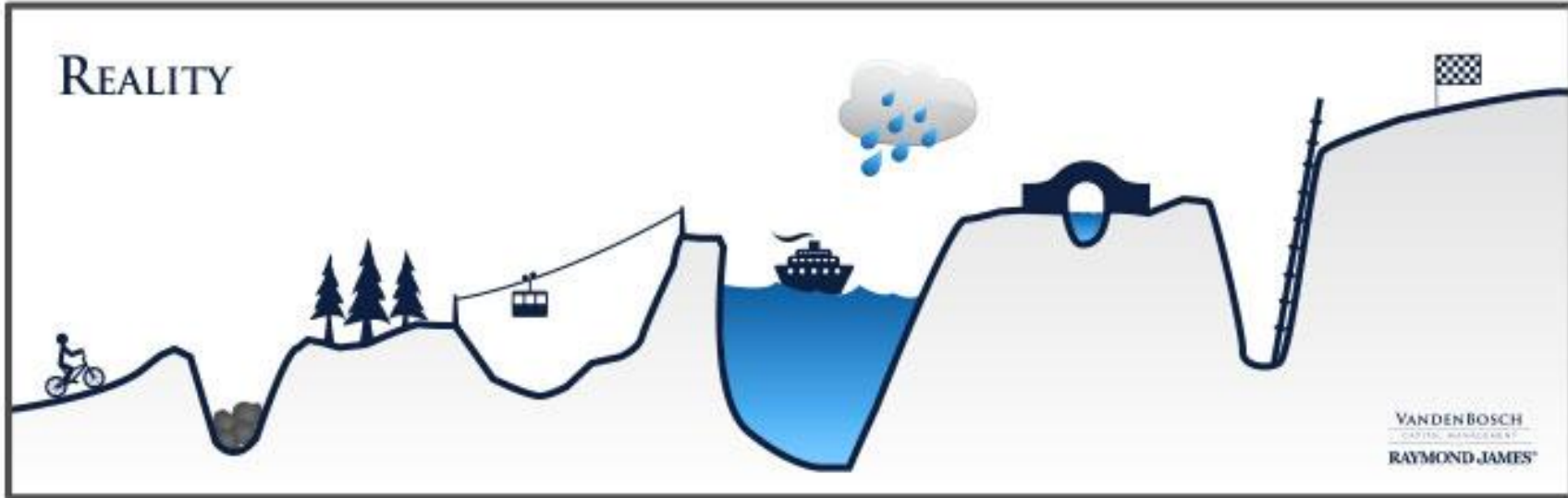
It is right to give him thanks and praise

Can anyone remember how
sometimes the plans you have to do
something don't always go the way
you want them to?

YOUR PLAN



REALITY



VANDEN BOSCH
CAPITAL MANAGEMENT
RAYMOND JAMES®

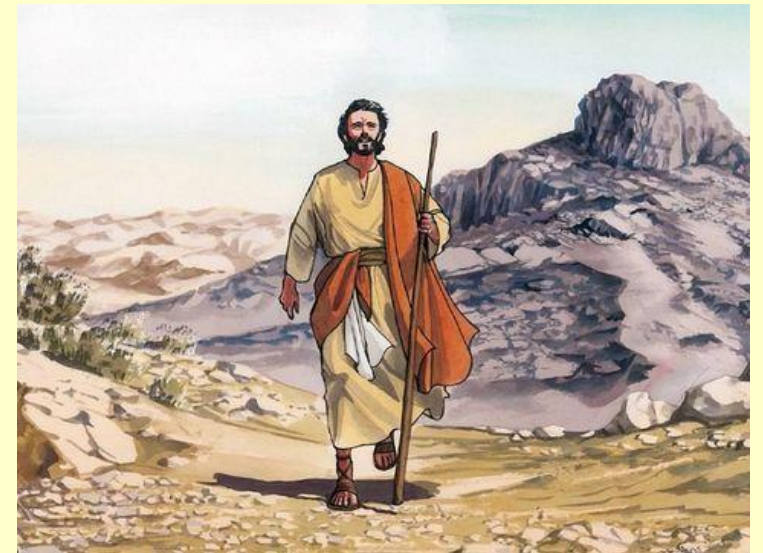
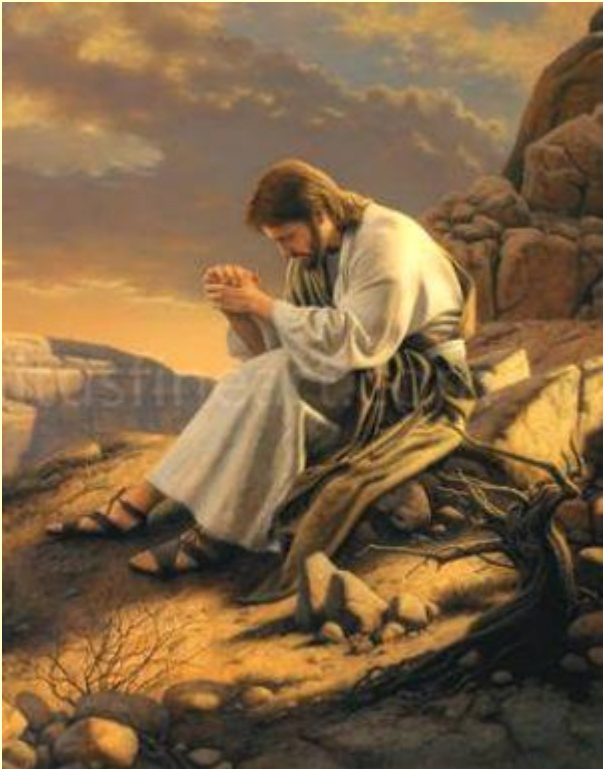
The Learning Pit



Good learners go into the PIT!

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

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.



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?

Resilient



Who is this?



In the Old Testament of the Bible, Genesis 6-8, we learn of Noah and his Ark.



Noah spent 40 days and 40 nights with his family
on The Ark.

They knew it was safe to get off The Ark when a
white dove flew back with an olive branch.



Noah and his family showed **RESILIENCE** by being able to spend such a long time on The Ark with all the animals.



What would you be prepared
to give up in order to achieve
your goals and dreams?



The British Triathlon Olympic Team 2012-
Jonny Brownlee, Stuart Hayes, Alistair Brownlee
Stuart Hayes used to go to Bishop Perrin!!



If you wanted to complete a Triathlon like Stuart, Jonny and Alistair you would need to:

Swim 1.5 kilometres (0.9 miles)

Cycle 40 kilometres (24 miles)

Run 10 kilometres (6 miles)

That would take a lot of

RESILIENCE!

Alistair and Jonny have both been World Champion triathletes.

Alistair won the World Championships when he was aged 21.

They live and train near Leeds in Yorkshire in the north-west of England.

They train for over 30 hours per week.

They will often swim at least a mile before breakfast, then cycle between 15 and 80 miles and run between four and 15 miles every day in all sorts of weather.

Dear Lord,

Noah

Help others

Show courage when tricky

We ask this in your name Lord,

Amen



Resilient

Courage doesn't always roar.
Sometimes courage
is the quiet voice
at the end of the day saying
'I will try again tomorrow.'

MARY ANNE RADMACHER

Your tango

The Grace

May the grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all, now and evermore.

Amen.

If I Were A Butterfly

If I were a butterfly, I'd thank you Lord for giving me wings
If I were a robin in a tree, I'd thank you Lord that I could sing
If I were a fish in the sea, I'd wiggle my tail and I'd giggle with glee
But I just thank you Father for making me, me!

*For you gave me a heart and you gave me a smile
You gave me Jesus and you made me your child
And I just thank you Father for making me, me!*

If I were an elephant, I'd thank you Lord by raising my trunk
If I were a kangaroo, you know I'd hop right up to you
If I were an octopus, I'd thank you Lord for my fine looks
But I just thank you Father for making me, me! *For you gave.....*

If I were a wiggly worm, I'd thank you Lord that I could squirm
If I were a billy goat, I'd thank you Lord for my strong throat
If I were a fuzzy, wuzzy bear, I'd thank you Lord for my fuzzy, wuzzy hair
But I just thank you Father for making me, me! *For you gave....*