

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

What do you do when you have a
challenging task or job to do and you
want to do it well?

<https://www.youtube.com/watch?v=-jV1c1cm0sQ>

Focus in Sport-stop at 2.30mins



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

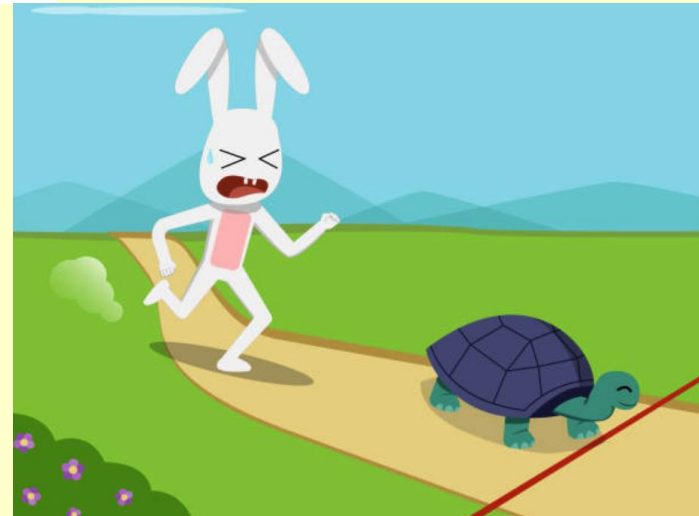
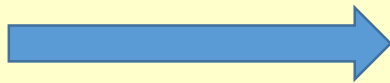
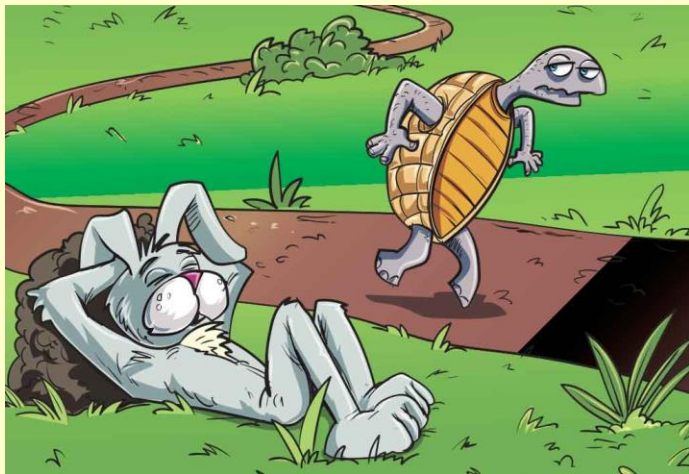
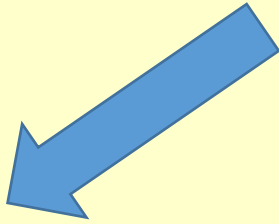
What stories did we learn about
last week in Worship about being
confident?

Wedding Feast at Cana when Jesus performed his first miracle by turning water in to wine.

Jesus was confident but humble and didn't show off



We also learnt about the Hare who was over-confident and showed off.

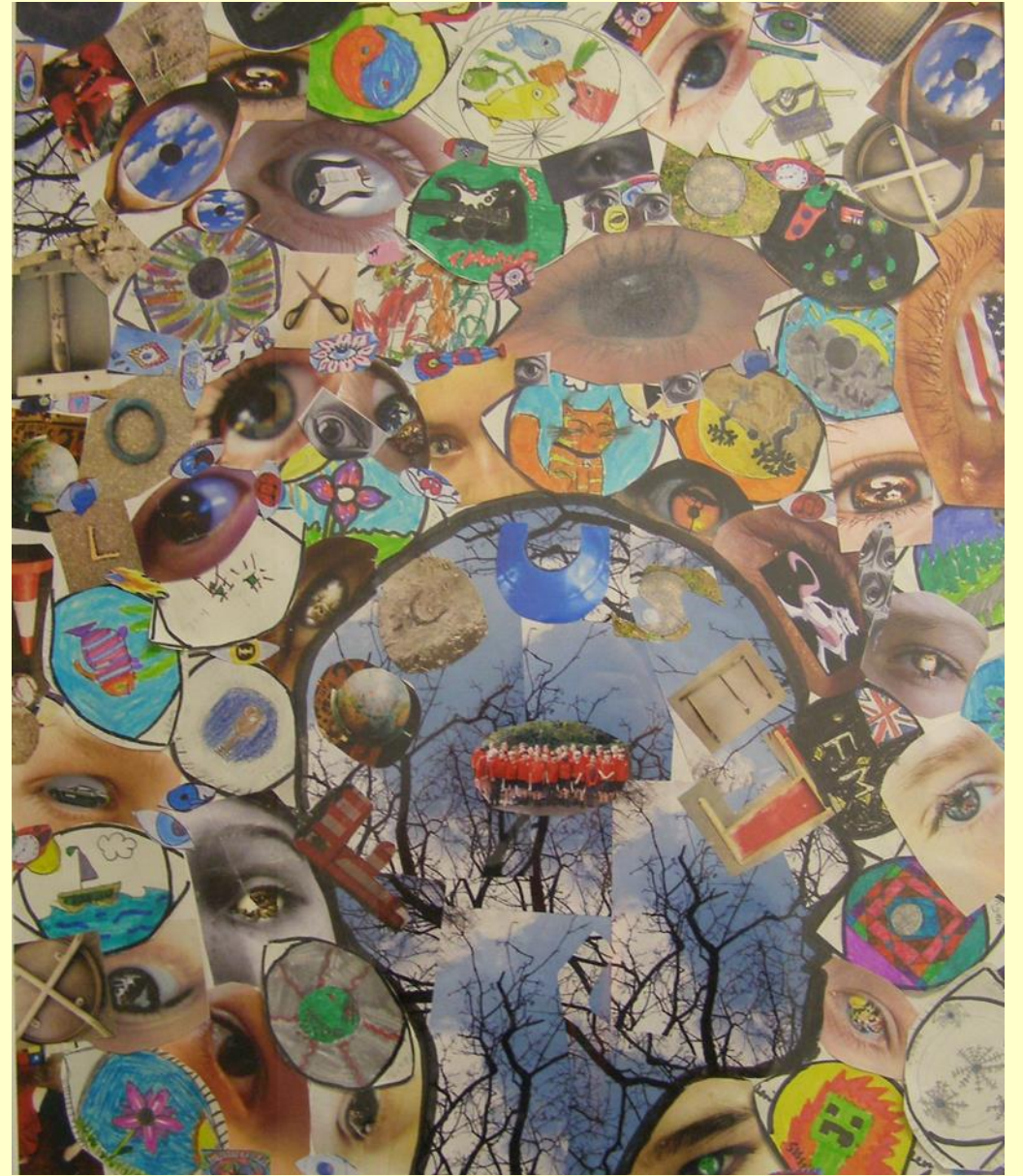


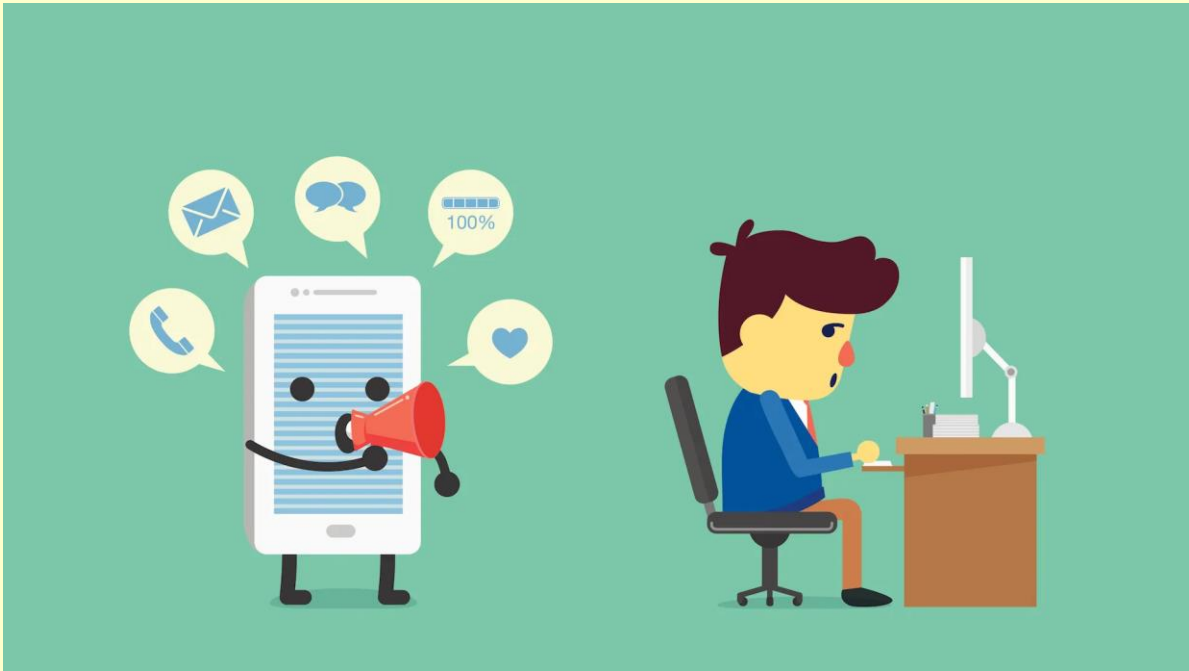
We also asked you to have good table manners at lunchtime!



Which of our Learning Certainties
requires you to fully concentrate on
what you are trying to do or
achieve?

Focused



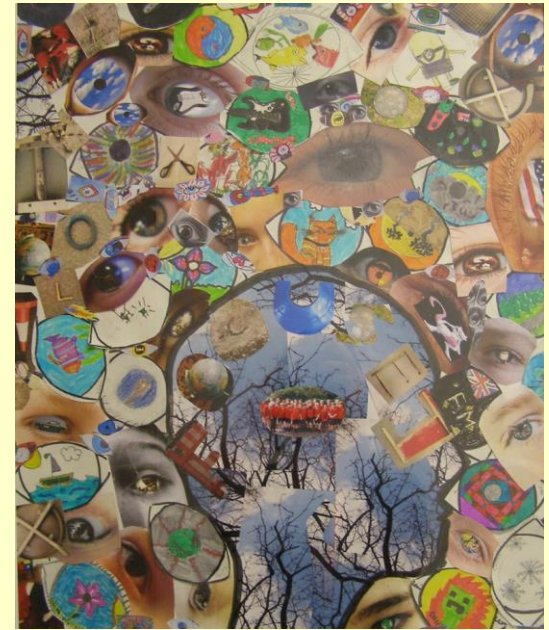


What do you do when you have a
challenging task or job to do and
you want to do it well?

Have a chat with the person next
to you.

When you are focused you can.....

- Manage distractions
- Get lost in the task
- Plan and think it through
- Maximise your learning time
- Not worry what other people are doing
- Be organised - be ready to learn
- Listen to others, so you can add an idea



We learn about Jesus being focused when he had to carry his Cross.

The Cross was very heavy, and Jesus fell over three times, but he knew he had to stay focused and take the cross to Calvary.



When you are focused, you put all your efforts and energy in to achieving your goals. You overcome challenges to succeed.

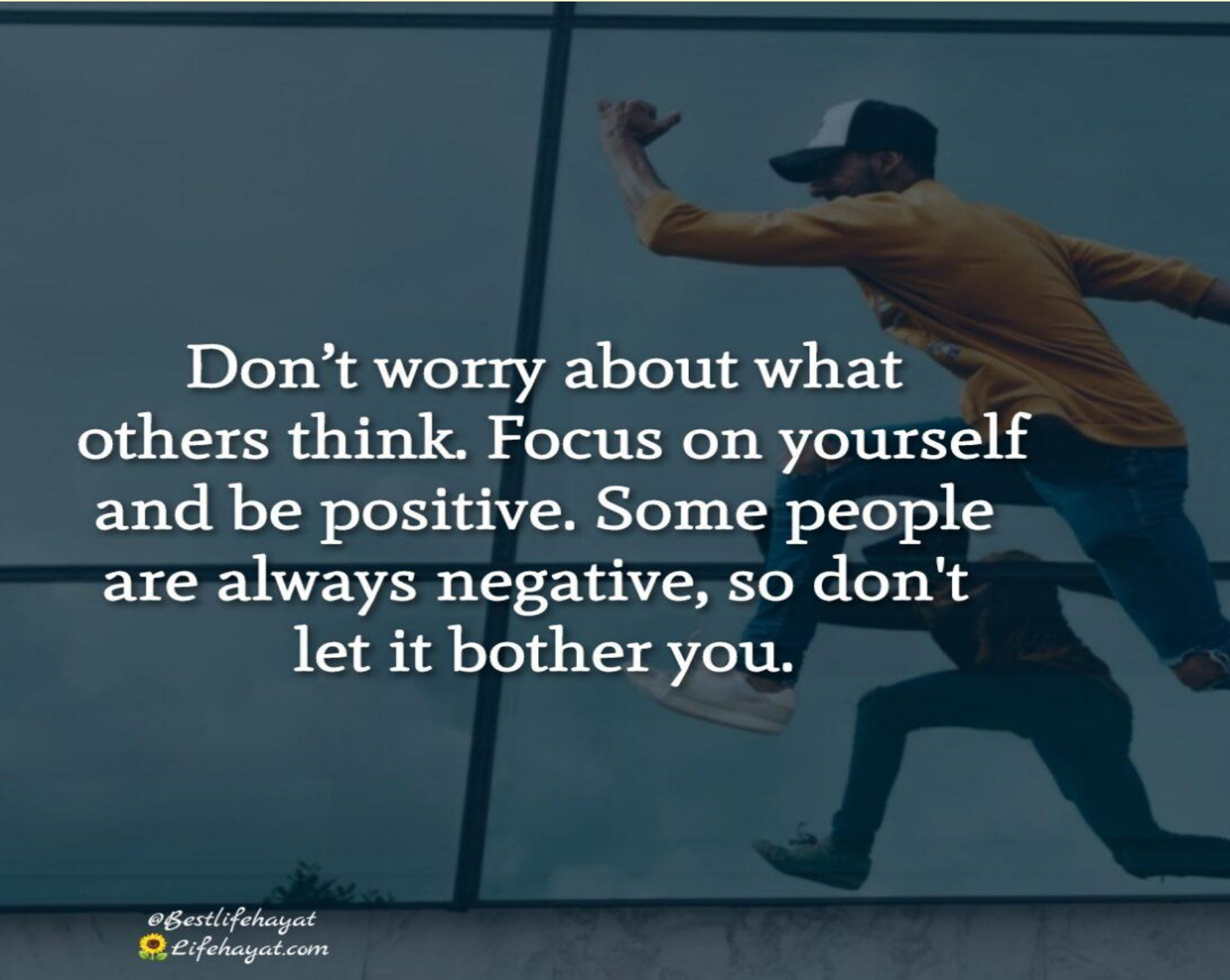


Jesus remained focused even though he was tired and exhausted.



<https://www.youtube.com/watch?v=-jV1c1cm0sQ>

Focus in Sport-stop at 2.30mins



Don't worry about what others think. Focus on yourself and be positive. Some people are always negative, so don't let it bother you.

“Don’t be afraid.
Be focused.
Be determined.
Be hopeful.
Be empowered.”
- Michelle Obama



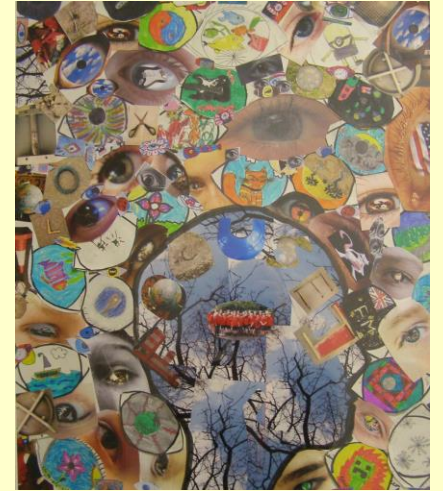
Focused

Dear Lord,

Like Jesus carrying his Cross, always help us to be focused when we want to achieve something.

Help us to overcome challenges which get in our way and not be distracted.

We ask this in your name Lord,
Amen



Reflection Time

Take this time to reflect on what we have learnt, spoken and prayed for in our Worship today.

How can you be focused this week at school and home and not be distracted by things you don't need to worry about?



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.

Be Bold, Be Strong

<https://www.youtube.com/watch?v=zRvCUz6KFB4>

**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**