



WEEK 2 THEME: COURAGE

Courage is often about continuing to do what you would normally do even when faced with extraordinary situations. Many Christians believe that God asks us to offer our skills, talents and abilities in the face of adversity, and that he will use that courageousness to achieve great things. The word 'courage' comes from the Latin word 'cor' = heart.



Listen to the song, 'Courageous' – it shows how Christians take seriously trying to live courageous lives but living as God wants them to:

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

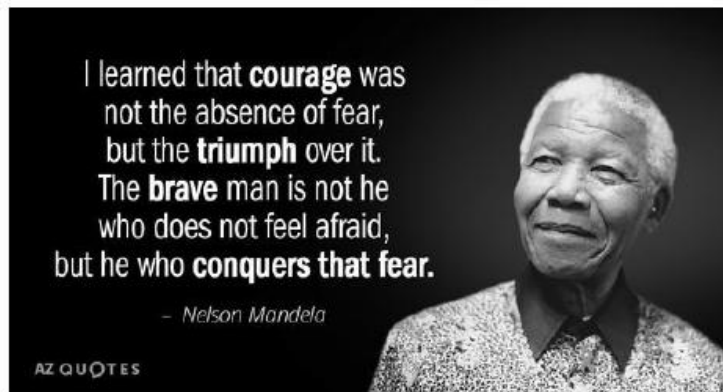
BIBLE STORY OF THE WEEK:

The story of David and Goliath (1 Samuel 17)
'Let no one lose heart on account of this Philistine; your servant will go and fight him.' (v32)

WATCH: Derek Redmond's Olympic Story:

<https://www.youtube.com/watch?v=t2G8KVzTwfw>

Derek Redmond didn't win a medal at the 1992 Olympic games in Barcelona, but he did bring 65,000 spectators to their feet in a standing ovation recognising his incredible act of courage. Derek Redmond found courage in himself but also through the support of his father.



What does this picture make you think of?

Do you agree with this man's definition of courage?

How is it different from what other people say about courage?

Courage is common in many family films. There are many times in 'Finding Nemo' and 'Finding Dorey' when these two small fish face up to their fears in the course of their journeys, for the sake of friendship. This clip focuses on the moment that Nemo shows courage in saving Dorey from the fishermen's net:

<https://www.youtube.com/watch?v=ulucJnxT7B4>

In today's Bible story, David shows just this kind of courage when facing up to a giant that is scaring his country. He shows courage by using his talents and skills in the face of an extraordinary threat. David is also known as Da'wud in the Qur'an.

Have a look at the resource: 'David and the big bully'
(If you can, get your family to join in with the words and actions!)



Our worries and anxieties can sometimes feel like GIANTS.
Think about these things, you may like to draw them or write them down.

It is ok to feel worried or anxious about these things. Many Christians believe that God promises to help, guide, strengthen and fill them with courage, just as he did David.

I wonder if you need some courage to face your GIANTS like David did?
Find someone you trust to talk to about your GIANTS. It is always better to share your worries with someone else.

Kilminorth, let's look again at our small stone...

.....it might be a reminder of the story of David and Goliath...

.....it might be a reminder that small things can make a big difference...

.....it might be a reminder that a little bit of courage- and encouragement - can go a long way...

Kilminorth Activity:

Find a place where you can be still, without interruptions. You might like to ask an adult to light a candle as you begin.

I wonder what you think of when you hear the word courage?

I wonder who you think of when you hear the word courage?

I wonder if you can think of a time in your life when you had to be filled with courage?

What did this feel like?

Find a small stone and hold it in your hand.

Could something this small make any difference to anything?

Decorate your small stone using felt pens or paint: with hearts, a rainbow, or whatever is a reminder to 'take heart' and be courageous (a permanent pen like a Sharpie can work best, but be careful!).

If you can, using a mixture of PVA (runny) glue and water over the top; when your stone has dried this will act as a varnish and give it a shine.

Please email Miss Pittas with a photograph of your stone:
cpittas@trenodeprimary.co.uk



Key quote of the week:

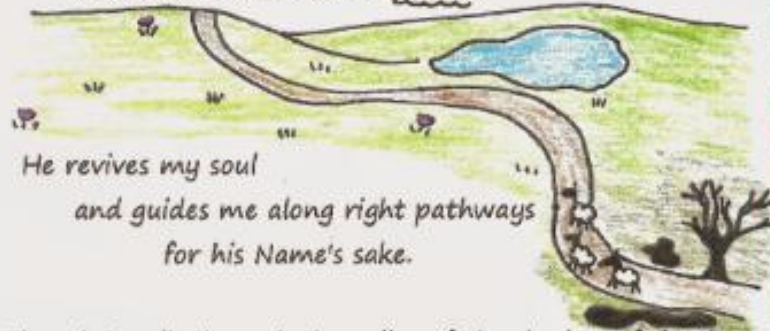
'A hero is an ordinary individual that finds the strength to persevere and endure in spite of overwhelming obstacles' (Christopher Reeve)

Psalm 23

1 The LORD is my shepherd;
I shall not be in want.



2 He makes me lie down in **green** pastures
and leads me beside still waters.



3 He revives my soul
and guides me along right pathways
for his Name's sake.

4 Though I walk through the valley of the shadow of death,
I shall fear no evil; for you are with me;
your rod and your staff, they comfort me.



5 You spread a table before me in the presence of those
who trouble me;



you have anointed my head with oil,



and my cup is running over.



6 Surely your goodness and mercy shall follow me all the
days of my life,
and I will dwell in the house of the LORD for ever.



Cardinham Activity:

For your activity, look at Hannah Dunnett's artwork on Psalm 23:

<https://tinyurl.com/y9cjdh7j>

Create your own version using the words of Psalm 23 or another poem that means a lot to you. (Make it bright and colourfully decorated!)

Use the EXAMEN prayer to reflect on courage. It has 5 steps, so you might like to count them on your fingers.

1. GIVE THANKS for something that were good today
2. ASK FOR HELP with something that scares you at the moment
3. REFLECT on your day and think about the things that have given you courage ☐ and the things that have discouraged you ☐
4. SAY SORRY for the times you have lacked courage, or discouraged someone else
5. DECIDE how you will keep hold of your courage tomorrow

Please take a photo of your prayer and email it to Mrs David:

sdavid@trenodeprimary.co.uk

Extension:

Do you ever find it difficult to be courageous?

What or who inspires you and gives you courage to carry on?

How does it make you feel when you see someone else showing courage?

How can you encourage others to be courageous, when they are having a hard time?

What stops you from being courageous? What can help overcome this?

Read or listen to Psalm 23: This is a Psalm that generations of Christians' have said gave them courage in difficult times. Why do you think that is so?

This version by Stuart Townend is often sung by Christians' today <https://www.youtube.com/watch?v=pN4tPkXOMGO>

Reflect:

Remember that 'encourage' comes from the same root as courage, and it means to put heart into others.

Who can you encourage today, and who encourages you?

Pray:

Dear God, you know that I often feel frightened at the moment. Frightened about what will happen to me, to those I love and to our school community.

But I know that you have been with me, I know that you will be with us today and I know that you will be with me in the future.

Give me courage to do the big things, the little things and the difficult things that will make a difference to someone else today.

Amen

Take a look at this song of courage, 'Something inside so strong'. This version is by the Lewisham and Greenwich NHS Choir:

<https://www.youtube.com/watch?v=4zepf15fEPE>