

# Worship 2 Go

## Drawing School and Home Together

Thanks to all those people who have made some of the resources collated here available to share

# Resilience

## BIBLE VERSE

We have troubles all around us, but we are not defeated. We do not know what to do, but we do not give up. We are persecuted, but God does not leave us. We are hurt sometimes, but we are not destroyed.

You can find this in the Bible in the book of 2 Corinthians, Chapter 4, verse 8-9.

You might like to watch this clip together:

<https://sesamestreetincommunities.org/topics/resilience/>

## Daily Prayer

Dear God, thank you that you are with me through difficult times. Please comfort me in those times and give me the strength to keep going. Thank you that you love me and that I can always depend on you. Amen.

## Wondering

I wonder what things you might find difficult

I wonder if you find it easy to bounce back

I wonder if you can think of a time when you did just that

## Creative Prayer 1 ≈ Prayer for key workers

Our key workers have shown amazing resilience, keeping going in very difficult circumstances. Make a list of all the different kinds of key workers you can think of– for example people who work in hospitals schools or food shops. Place it somewhere you can see it every day. This week, every time you wash your hands or use hand sanitiser, you might like to say a prayer, thanking God for them and asking him to help them to keep going.

## Activity 1 ≈ Snakes and ladders

Resilience is about keeping going even when we meet difficulties. It's not easy but it is something we can get better at with practice just like we can develop our muscles through exercise. When we keep practising the difficult things in life it is like we are exercising our hearts and minds, developing them to be stronger. And just like physical exercise, it can be easier if someone is beside us practising with us.

So why not have a go at making a snakes and ladders board? You could make one out one using any paper you have. You just need to make a grid as big or as small as you like but often it's a hundred squares. If you have some space outside and chalk maybe you could draw a big one (but with less squares). Number each square Add some snakes and ladders between (draw or stick them on) some of the squares. You'll need a dice or a spinner with numbers or even playing cards numbered 1 to 6. Find up t 3 other people to play with. Take turns – whichever number you throw/choose is the number of square you move. If you land on a ladder you climb it to the square it reaches but if you land on a snake, you have to go down it. Whoever makes it to the last square first is the winner. Have fun!



## Creative Prayer 2 ≈ Make a shield

The Bible reading this week comes from a letter written by Paul a follower of Jesus. Paul was a Roman citizen and would have known about Roman soldiers. Roman soldiers in battle would make a formation called a The Testudo (The tortoise). It was very strong and tight as they fitted their oblong shaped shields together to protect themselves at the sides and overhead. Sometimes, we might feel like hiding away like a tortoise and need a shell to protect us. What things would your shell be made up of to help you be resilient? They might be things you are still learning to do.

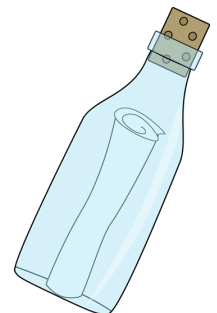
Make your own resilience shield by taking a piece of oblong shaped paper or card and write or draw those things on it - you could even make a big one as a family. When you have finished, just spend some time talking to God about them. You might like to say the daily prayer. Put your shield somewhere where it will remind you about those things.



## Activity 2 ≈ Message in a bottle

Paul the Roman citizen we learn about earlier had lots of strange, scary and exciting experiences as he travelled about telling people about Jesus. On one occasion he was shipwrecked! Sometimes in stories we hear about how people who this happens to send a message in a bottle they throw out to sea – imagine this has happened to you.

Take a bottle (plastic or glass) and decorate it if you would like to. Draw a map of your island and add directions of how to find it. You could add pictures of the types of animals or food you might find on the island or the kind of shelter you have built. You might like to give your bottle to someone in your household so they can enjoy your story. I wonder how you think you would keep going in this situation!



## Quote

“Do not judge me by my successes, judge me by how many times I fell down and got back up again.” – Nelson Mandela

(If you are not sure who this person is, perhaps you could do a little research together)

## Thing of the week...keep going!

Set yourself a challenge—you can do this as a family too! If you have a ball how many times can you bounce it? If you play a game of catch, how long can you keep it going? I'm sure there are other active things you can think of. I wonder if you notice you get better the more you keep going. Photos on Twitter always welcome!