



Weekly Resources for Collective Worship, Spiritual
Development and Pastoral Care

PHASE: SECONDARY

**WEEK 2 THEME:
COURAGE**



KEY CONCEPT/MESSAGE:

ZERO to HERO: ‘All of us, no matter who we are, or how insignificant we may think we are, has the potential to be a hero’

ZERO to
HERO 

It is sometimes hard to stand firm, be brave, show courage when everything around us causes us to be worried or scared. Throughout the Bible though, we are told that God will be with us, always, and therefore, we should be able to conquer our fears. God commands us to have courage, having faith and confidence in Him.

BIBLE STORY OF THE WEEK:

“No one has greater love than this, to lay down one’s life for one’s friends. You are my friends if you do what I command you. I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father. You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name. I am giving you these commands so that you may love one another.”

Jesus speaking in John 15:13-17(NRSV)

TO CONSIDER AS YOU PREPARE

KEY QUOTE OF THE WEEK: *'Integrity is doing the right thing. Even when no one is watching'* CS Lewis

LISTEN: "Give us your courage" - Tim Hughes

https://www.youtube.com/watch?v=nBE4v8IVlfs&disable_polymer=true

This song is an encouragement to stand firm in the face of huge challenges – “For the truth of your Word we will stand. Give us your courage”

"Heroes" by David Bowie - sung by the Coach Choir

https://www.youtube.com/watch?v=DO0kAtg9dRw&disable_polymer=true

Over 6000 strangers from 45 countries submitted a video in 3 days to sing 1 song. It's dedicated to all the frontline heroes who are keeping us safe in the midst of the Covid-19 global pandemic

WATCH:

What is courage?

A short video with some intriguing thoughts about what courage may look like.

https://www.youtube.com/watch?v=QlfEiLvXCOY&disable_polymer=true



- What do these pictures make you think of?
- How do they demonstrate qualities of courage or lack of?
- How are the qualities of hero and superhero different? Or are they?

PRAY: Heavenly Father, Help us to be courageous people in our homes, neighbourhoods and places of work. Please help us to be people that seek to do good even when no-one is looking. Please help us to show courage even in the most difficult of times. Amen

I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

GATHER:

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

- I wonder what is the bravest thing you've ever done?
- Why did you do it? How did it make you feel?
- Would you do it again?

ENGAGE:

In today's Bible story, from John 15:13-17, Jesus talks about having the courage to put others first; we are called to show love for others. Sometimes though, this might put us at risk and Jesus says it is the greatest love (and the greatest courage) that leads us to be willing to put the lives of others before our own.

Let's read the story together:

<https://www.biblegateway.com/passage/?search=john+15%3A+13-17&version=NIVUK>

There are lots of stories about our NHS workers and other essential workers who are risking their lives, showing great courage, and going to perform their frontline work so that our lives can continue. They are showing a greater love and courage.

Many of our NHS workers are living separately from their families during this time, to help to keep them safe. One such nurse is Sam. She has left her daughter, Rosie, and her husband (who is poorly) to keep them safe. As you watch this video celebrating their courage and heroism, think about the courage that they have both shown.

<https://www.facebook.com/callthemidwifeofficial/videos/154813759301800/>

You may have heard lots of stories of people who have done this before. Have you heard of Maximilian Kolbe? He was a priest when WWII broke out and was put into a concentration camp, as he was caught helping the Jews to escape Poland. He showed both great courage and love. One day the guards at the camp selected several prisoners to be killed, Kolbe asked to be selected so he could save the life of one man. He saved the life of a man called Franciszek Gajowniczek. Kolbe did not know this man, but knew that he was called by God to show both love and courage.

A few weeks ago in Italy a Roman Catholic Priest Fr Barardelli was given the use of a ventilator that was needed to save his life as he was suffering with Coronavirus. The people who went to his church had paid for the ventilator to save him as everyone loved him as he was a great priest. On seeing the other patients in the ward, Fr Barardelli refused the ventilator as there were other, younger patients who needed it. He was willing to give his life to save another, showing great courage.

Watch this clip about Fr Barardelli <https://www.youtube.com/watch?v=upox9NO0D2c>

I wonder, what causes you to be courageous? Would you ever be willing to put others before you?

REFLECT:

Think about what courage leads to:

- What do you think we need to be courageous?
- How do we show our courage?
- How can we give courage to others – to literally en-courage them?

SEND OUT:

Think about when you have shown courage. How did it feel? Why did you decide to be courageous at that moment?

Think about those today who are being courageous to help others at a risk to themselves.

Think about how you might show courage today. How could you be a hero?

You might also like to say a prayer, asking God to help you.

Finish by listening to Search for the Hero by M People <https://www.youtube.com/watch?v=ntuqTuc6HxM>

2. SPIRITUAL DEVELOPMENT

(practical ways to help us explore faith and develop spiritually at home together)

EXPERIENCES that can help us ENCOUNTER:

1. Read a book, poem or perhaps even a letter with characters that raise the issue of courage, e.g. poems and letters from those in the First World War. Explore together how the main character showed bravery, did they consider themselves courageous, would other characters or others reading their story now think them courageous.

2. Look at the website of the Help for Heroes charity. Consider some of the testimonies it contains—perhaps you could join with others on a fund-raising activity or set one up?

ACTIVITIES that can help develop PRACTICES-HABITS:

1. Mealtime is family together-time. Even if you regularly don't eat meals together, you can still create activities that nurture faith during mealtime.

Assign table-setting chores and the before-dinner prayer to different family members. It's good to have everyone pray with each other at the same time.

Encourage conversation. Ask open-ended questions at the table. Ask each person, "What's the best thing that happened to you today? the worst?"

2. Serve others in love- Don't underestimate the transformation that can come in your family as you joyfully and humbly serve others. Jesus Himself — the King of kings and Lord of lords — came as a servant and modelled what it looked like to love and serve others. Mark 10:45 tells us that "even the Son of Man did not come to be served, but to serve ...", and Jesus tells us in John 15:12 to love others as He loved us. This includes *demonstrating* or showing our love by serving others! Make serving others a habit of your home.

CONVERSATION STARTERS that can help develop RELATIONSHIPS-COMMUNITY:

1. Neighbours-Can you name the people who live next door? How well do you know your neighbours?

Can you think of something you could do that would bless or encourage your next-door neighbours, whilst maintaining social distancing?

2. Family Members-Can you think of a family member you have not been in contact with for a while? Could you use social media to make regular contact with those nearest and dearest, whether it be family, friends or work colleagues?

3. PASTORAL CARE - *ideas for looking after...*

- Ourselves & Our staff

In schools we speak with children all day, every day and yet always call parents with concerns. Why not deliberately identify 2 or 3 different pupils each week to individually ask about how they're getting on?

-Our families & Our community

Newsletters are an easy way to circulate information and we all have stories to tell. Why not ask pupils, parents, staff and so on to share their stories about the current situation? Easy to organise with digital technology. Maybe even consider a regular blog that staff and students could contribute to.

GOING DEEPER/FURTHER RESOURCES

Suggested quotes to use or explore their meaning further-

'I beg you take courage; the brave soul can mend even disaster.' Catherine the Great

'Disturb us Lord, when we are too well pleased with ourselves'-the start of a prayer that could be explored, attributed to Sir Francis Drake, believed to have been written by him before setting sail from Portsmouth in 1577. The journey would lead to his knighthood and fame as the second person ever to circumnavigate the globe.

'Courage is not the absence of fear, but rather the assessment that something else is more important than fear.' Franklin D. Roosevelt

"May **your choices reflect your hopes**, not **your fears**." Nelson Mandela (This was explored by the Archbishop of Canterbury in the first National Assembly, broadcast on April 30th and it can be found and listed to again on the Oak National Academy site)

Biblical references

There are many examples of courage being shown in the Bible. Here is just a selection:

- **Daniel chapters 1-6**

Daniel had plenty of reasons to be afraid. He had been captured as a teenager, separated from his family, forced to live amongst people he knew very little about and who did not share his faith. Yet throughout the testing times that Daniel found himself in, he did not allow his fears to control him, Daniel focussed on God, his faith. And it is that which gave him his courage. Daniel remained faithful to God, refusing to follow the pagan laws and ways. As a result of his courage, love, faith and obedience to God he flourished in a foreign land.

- **Shiphrah and Puah (Exodus 1:15-21)**

The king of Egypt commanded that the Hebrew midwives - Shiphrah and Puah - were to kill the baby boys born to the Hebrews, as the Egyptians were worried about the increasing number of Hebrews. These women defied the king; they had the courage to stand up against the most powerful authority, because of their faith in God. They knew what the right thing to do was and they had the courage to do it. The Bible tells us that their courage is rewarded with the eventual birth of Moses and in turn the liberation of the Hebrews from slavery.

- **Esther**

King Xerxes was a very powerful king, ruling over land from India to Ethiopia. After his first wife had defied him, he chose Esther to be his wife. Unbeknownst to Xerxes Esther was Jewish and she had been advised to keep it a secret. Sometime later the King appointed a man named Haman to Prime Minister. Haman persuaded King Xerxes to sentence all the Jews in the Empire to death. Esther had the courage, risking her life, to go to the King and reveal her Jewish roots. As a result of Esther's courage, the Jewish people were saved from extermination.

- **David and Goliath (I Samuel 7)**

Goliath challenged the Israelites to fight him. He must have been a terrifying sight at nearly 3 metres tall and after almost 40 days of Goliath challenging the Israelites no one had stepped forward. David was not scared of Goliath, he firmly believed that God would be there with him and keep him safe. As a result of

his great courage and faith, David was successful and defeated the giant with just slingshot and a single stone.

- **Deborah (Judges 4)**

Deborah was a prophet and a judge, who would just sit under a certain tree giving out her advice. One day she told a man to take 10,000 men and lead them into battle. He refused to go unless she went with him. Deborah had no experience of battle and this was very much outside of her comfort zone. However, she had the courage, and faith in God, to make the decision needed and act.

Find out more

1. The courage shown by Sia Kolisi growing up playing Rugby in South Africa and the remnants of Apartheid
2. One parent told us about the courage shown by a battalion, the Gloucestershire Regiment, who took part in the Battle of the Imjin River started during the Korean War, at which the 'Glorious Glosters' earned that title.

The Glosters' story is one of extraordinary bravery and resilience on the battlefield, but also in captivity, at the hands of their brutal captors. See the story of Lt Terry Waters GC:

<https://www.timefortruth.co.uk/content/pages/documents/1400428474.pdf>.

Below is a link to an image from Flickr - a waxwork of Lt Col Carne in a to scale box which he was kept in solitary confinement in. It shows him carving a cross. It's from this link:

<https://www.flickr.com/photos/pefkosmad/15225573291/in/photostream/>

The parent went on to describe the impact on them- "Each day at my school I passed the little stone cross carved (with a nail) by the Commanding Officer while in solitary confinement. The power of faith for that community of POWs and the resilience it gave them in the face of great adversity, helps bring me strength today."

3. Time magazine has collected together a group of stories about key workers in America and how they are having to show courage each day as they go to work. <https://time.com/collection/coronavirus-heroes/5816885/frontline-workers-coronavirus/>

4. Read: Journeys: Children of the Holocaust Tell Their Stories - Stephen D. Smith

The story of children who survived the Holocaust and the people who rescued them.

5. Watch this inspiring video Courageous by Casting Crowns <https://www.youtube.com/watch?v=pkM-gDcmJeM>

6. Watch a film clip from Eddie the Eagle https://www.youtube.com/watch?v=--P3c_fcHfk

7. Music you could explore-

Hercules song- zero to Hero

https://www.google.com/search?rlz=ICIRLNS_enGB667GB728&q=zero+to+hero&spell=1&sa=X&ved=2ahUKEwjE6sXT5_7oAhUwQxUIHaPNAtwQBSgAegQIExAI&biw=1536&bih=723&dpr=1.25

Ariana Grande Zero to Hero

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