

# faith at home

Weekly Resources for Collective Worship, Spiritual  
Development and Pastoral Care

**PHASE: PRIMARY**

**WEEK 2 THEME:  
COURAGE**





## KEY CONCEPT/MESSAGE:

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.

## BIBLE STORY OF THE WEEK:

The story of David and Goliath (I Samuel 17)

'Let no one lose heart on account of this Philistine; your servant will go and fight him.' (v32)



## TO CONSIDER AS YOU PREPARE

### 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)

**LISTEN:** The first three songs explore how Christians take seriously trying to live courageous lives but living as God wants them to. It is summed up for many Christians in the verse *Micah 6 verse 8* 'But what does the Lord require of you but to do justly, to love mercy and to walk humbly with your God'

'Courageous' by Casting Crowns <https://www.youtube.com/watch?v=pkM-gDcmJeM>

'God of Justice' by Tim Hughes <https://www.youtube.com/watch?v=b3NelRb1LY4>

'Take Courage' By Bethel Music

[https://www.youtube.com/watch?time\\_continue=272&v=z6itgiC2IIY&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=272&v=z6itgiC2IIY&feature=emb_logo)

'Something inside so strong' This version is by the Lewisham and Greenwich NHS Choir

<https://www.youtube.com/watch?v=4zefl5fEPE>

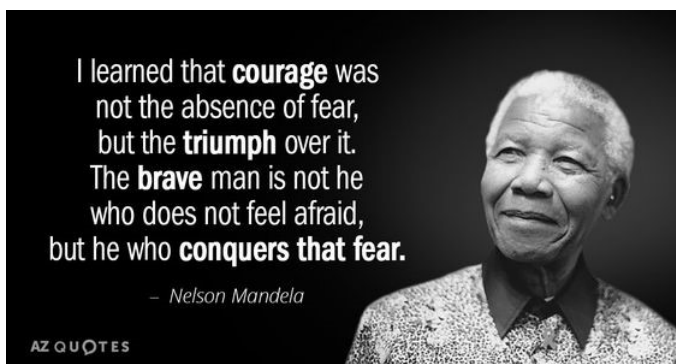
### WATCH: Derek Redmond's Olympic Story

<https://www.youtube.com/watch?v=t2G8KVzTfw>

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.

Or watch Captain Tom Moore completing his 100<sup>th</sup> Lap <https://www.bbc.co.uk/news/uk-england-beds-bucks-herts-52333127>

### THINK:



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?

### 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

# 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 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?

## ENGAGE:

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.

Let's read the story together: It is in 1 Samuel Chapter 17 of the Bible

<https://www.biblegateway.com/passage/?search=1+samuel+17&version=NIVUK>

There are shorter versions in Children's Bibles (eg Lion Storyteller Bible, p44), if you have one, or you can use the 'David and the Big Bully Read Aloud' resource to act out the story together.

Listen carefully to the things that David says in the story, as they show us what gave David courage.

So, what was it David said? I wonder how David felt when he faced Goliath. In some ways, David felt no differently facing Goliath than he would have facing a lion or bear that was threatening his sheep...he believed that the same God who gave him courage to do this would be with him in facing Goliath. That was the secret of his courage.

But before we decide that you only need courage to do great deeds, like slay a giant, let's stop.

I'm sure you know who this is!



Captain Tom Moore celebrated his 100<sup>th</sup> birthday recently and has raised over £31 million for NHS charities, by doing something that seems quite ordinary... walking.

He could easily have said 'I am too old to make a difference.'

Do you think he showed courage?

Thousands of NHS workers, Care assistants, supermarket workers - and your teachers - are *just* doing their jobs. How are they showing courage?

How can you encourage them?

Sing: All through History by Nick and Becky Darke is a Christian song about God's faithfulness in giving his people courage in times of need. Watch and sing along here if you would like to

<https://www.youtube.com/watch?v=hQS2HHayr38>

## REFLECT:

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.

When David said he would fight Goliath, his eldest brother was angry and said that David was conceited (one version of the Bible calls him a “cheeky brat”). He then went to others in the army and each time he got the same answer.

How might this story have ended if David had given up when his brother was angry with him?

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...

## SEND OUT:

I wonder, how might you be courageous like David this week?

I wonder, how might you help someone else who is feeling worried and anxious this week? Could you help them to be courageous by encouraging or helping them?

Take your stone with you.

Blow out your candle as a sign that your time of worship has finished.

## 2. SPIRITUAL DEVELOPMENT

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

### EXPERIENCES that can help us ENCOUNTER:

For your reflection **JOURNAL** look at Hannah Dunnett's artwork on Psalm 23:

<https://tinyurl.com/y9cjd7j> Create your own version using the words of Psalm 23 or another poem that means a lot to you.

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

## **ACTIVITIES that can help develop PRACTICES-HABITS:**

**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.

**Explore** the Prayer Spaces at home activity 'Letting go' <https://www.prayerspacesinschools.com/prayer-spaces-at-home>

**Research** one of the following people Rosa Parks, Detrick Bonhoeffer, Harriet Tubman, Malala Yousafzai

## **CONVERSATIONS STARTERS that can help develop RELATIONSHIPS-COMMUNITY:**

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?

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

### **Ourselves & Our staff**

**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=pN4tPkX0MG0>

### **Acknowledge:**

- that it has taken courage for staff to go into school to care for key worker children, possibly putting themselves and their family at risk of catching the virus.
- it takes courage to care for our families and friends day in day out, week in week out and nearly month in month out.
- that it has taken courage to provide what the pupils and families in your school need, not what people in the media think they should have.
- that it has taken courage to keep providing home learning when sometimes teachers are criticised or they don't know if all their children are engaging with it.

**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?

### **Our families & Our community**

Christians believe that we are being courageous when we follow God's teaching '*to do justly, to love mercy and to walk humbly with your God*' Micah 6 verse 8. What does acting justly, showing mercy and walking humbly look like for families in your school community at this time?

We have enjoyed seeing the videos that some schools have made where members of staff have sent messages to the pupils and encouraged them to keep going with staying inside and learning at home. Some staff have videoed themselves; some have written messages and the messages have been photographed.



Anxiety is a type of fear, but the fear is directed at something that might or might not happen. Even the uncertainty of what will happen can lead to anxiety. We cannot control everything about the future, but we can help to limit anxiety in others by being clear and open about plans and their impact. Listening is also important. **An anxiety expressed can lose its strength and hold over us.** What opportunities do children and families in your community have to express their anxieties?

## GOING DEEPER/FURTHER RESOURCES

Last week we marked 75 years since VE Day.

**Read** some texts that explore the courage shown by ordinary people during this extraordinary time e.g. The Diary of Anne Frank, or 'When Hitler Stole Pink Rabbit' by Judith Kerr (creator of the Mog books)

**Explore** the story of David & Goliath in different ways, using some of the Barnabas in Schools material: <https://www.barnabasinschools.org.uk/idea/david-and-goliath-very-loud-story-drums-and-percussion>

and here: <https://www.barnabasinschools.org.uk/idea/david-and-goliath-interactive-activity>

**Watch** the Chancellor of Wells Cathedral retell the story of David and Goliath: <https://youtu.be/B-oWHgiHn-c>

**Watch** the Christian Aid video of Ngele and Bokiya and talk about how they showed courage: <https://www.youtube.com/watch?v=HXxejNZcpAQ>

Courage is common theme in many family films.

**Watch** 'Finding Nemo' or 'Finding Dory' & talk about the many times 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 Dory from the fishermen's net: <https://www.youtube.com/watch?v=ulucjnxT7B4>

*Please note that the Church of England takes no responsibility for adverts that may appear before or after videos hosted on eg YouTube, Vimeo etc.*

# COLLECTIVE WORSHIP – OUR APPROACH

## INVITATIONAL

Everyone is welcome to take part in collective worship, as much or as little as they or their parents and carers are comfortable with. This means we use invitational language and consider carefully our choice of words and songs. Children are invited to pray but are not compelled or expected to do so; they always have a choice. We invite them to pray or reflect in whatever way they would usually as a family, if that is part of their home experience.

## INCLUSIVE

Acts of worship need to be inclusive of all. Therefore, we choose topics and ideas that are shared by different faiths and worldviews. When we present Christian teaching, we make it clear that this is 'what Christians believe', saying things like:

'I wonder why this story might be important to Christians?'

'The story today comes from the Bible (the holy book of Christians), which teaches that ...'

Our worship should be accessible for children and young people with a range of different backgrounds, and so we take care that activities do not require expensive resources. We also offer a variety of activities, so that children and young people with differing needs can all find something they can engage with.

## INSPIRING

We aim for our acts of worship to inspire those engaging with them. How might it engage their emotions, enabling a sense of peace, comfort, hope or motivation? How might it inspire them into action, into thinking differently and considering their behaviour or actions? How might it inspire them to reflect on their faith or beliefs, and on the faith or beliefs of others?