



Weekly Resources for Collective Worship, Spiritual
Development and Pastoral Care

PHASE: SECONDARY

**WEEK 6 THEME:
RESILIENCE**



KEY CONCEPT/MESSAGE:

Resilient people don't let their troubles define them but nor do they ignore them – they grow through them.

There are many definitions for **resilience** because it means different things to different people. Google will tell you that resilience is “*the capacity to recover quickly from difficulties*” or having a personal “*toughness*”. Other people will explain that resilience is an ability to deal with life in spite of fears, setbacks, or limited resources. Christians believe that by giving over our concerns to Jesus, He is able to extend grace to us so that we have help in our times of need.

Interestingly, Jesus never promised that life would always be straightforward or without complications. In fact, he told us that from time to time, we would face tough seasons. However, he also reminded us that he will be with us and is ready to help if we turn to him (Philippians 4:13).

Resilience is a difficult thing to grasp because it's not a gift or something that is easily passed on from one person to another. However, it is something we grow in as we experience difficult or testing situations. In fact, we learn to grow more resilient as we experience different trials and challenges on life's journey.

As Christians, we learn to look beyond circumstances and fix our minds and hearts on things above, believing that God knows every detail of our life and that we do not walk through challenges on our own. What challenges are you facing this week that require resilience?

BIBLE PASSAGE OF THE WEEK:

We can sometimes wrongly think that great and successful people, like celebrities, YouTube influencers and historical figures that we find on the pages of our history books, on our Instagram have it all together, all sorted, all the time. However, we don't need to look far before we see that these people often struggled or continue to struggle with all the things that we also do.

Even people we see in the bible who did amazing things were knocked down multiple times, and took the decision to get up again, growing in their resilience, their faith in God and in their capacity to face trials each time. Even the apostle Paul, the greatest missionary and church planter ever known, didn't mind admitting that he was weak and found his ability to get up again in God. He said:

‘If I have to boast, I will boast about how weak I am’

2 Corinthians 11:30

From the pages of history we know that Paul went through a huge number of trials! He was beaten... shipwrecked three times... spent a night and a day in the sea... was in danger multiple times... had sleepless nights... been hungry and thirsty... cold with not enough clothes... worried for the new churches (from 2 Corinthians 11:24-27).

What enabled Paul to keep getting back up again? What enabled him to keep going when everything appeared to be against him? What was the source of his resilience? It was his confidence that his God was in control, knew what was going on and that Paul's place of weakness and dependence upon God was actually a place of great strength.

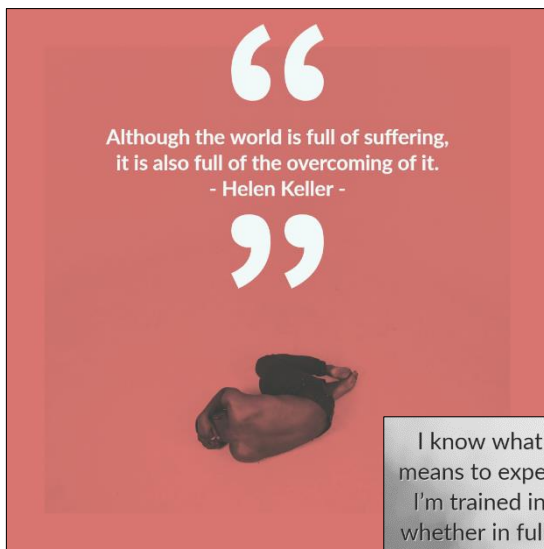
TO CONSIDER AS YOU PREPARE

KEY QUOTE OF THE WEEK: *'Do not judge me by my success, judge me by how many times I fell down and got back up again'* (Nelson Mandela)

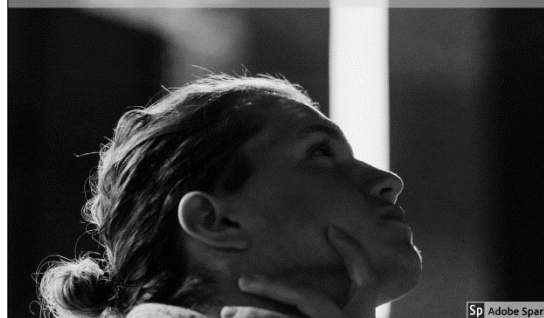
LISTEN: 'Trust in You' ([click here](#)). This song gives hope in the fact that even when things are not going our way and we feel discouraged or stretched beyond our ability to cope, God can still be trusted. Christians take comfort in the fact that He knows every detail of our lives and can be relied on to walk with us; to strengthen and encourage us each day. Who can you turn to when you need to be resilient?

WATCH: [Click here](#) to access 'The death crawl scene' from Facing the Giants. What aspects of resilience does Brock show as he carries his partner? How does Coach Taylor encourage Brock to keep going?

THINK: Using the images below, take a moment to think about the following: What does resilience mean to you? What kind of situations do you need to be resilient in? What aspects of resilience do you need help to grow in?



I know what it means to lack and I know what it means to experience overwhelming abundance. For I'm trained in the secret of overcoming all things, whether in fullness or in hunger. And I find that the strength of Christ's explosive power infuses me to conquer every difficulty.
Philippians 4:12-13 (TPT)



PRAY: Dear God, thank you that you know my every thought, every dream and even the desires of my heart. Thank you for being present in each situation I experience and that you are working them all together for good, even the ones that are hard. I ask that you help me to grow in resilience and to bounce back from the things that I find difficult. Please help me to trust in you with all my heart and not lean on my own understanding. May I acknowledge you in everything I do and draw near to you to grow my character and develop my resilience. Thank you that your promise to me is to make my path straight when I do these things (Proverbs 3:3-5). Amen.

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

GATHER:

Find some space to be quiet, without interruptions. You might like to light a candle as you begin.

- How has your week / day been?
- What are the challenges you are facing now?
- What are the things that bring you happiness?
- Take a moment to notice how you are feeling, and to be aware of it.

ENGAGE:

In his letters, St Paul sometimes says that life is like running a race. In his letter to the Hebrews, he writes:

“So then, with endurance, let’s also run the race that is laid out in front of us, since we have such a great cloud of witnesses surrounding us. Let’s throw off any extra baggage, get rid of the sin that trips us up, and fix our eyes on Jesus, faith’s pioneer and perfecter. He endured the cross, ignoring the shame, for the sake of the joy that was laid out in front of him, and sat down at the right side of God’s throne.”

Hebrews 12: 1-2 (CEB)

Imagine an athlete wanting to go in for a big race. Although they might be talented, they still have to train hard. They will find some things difficult, and they will get it wrong many times before they get it right. There will be many times they will feel like giving up, but they keep on trying. This quality is called resilience. Others have described resilience like this:

- “Resilience is keeping to something. You keep going, even if things are holding you back.”
- “It’s having the urge to do something and the commitment to see it through.”
- “You have to be patient with yourself and others, because everything takes time.”
- “You just have to keep going.”

Watch this short video <https://www.youtube.com/watch?v=cbSu2PXOTOc> of a crow working out how to get to the food. What challenges does he face? How does he demonstrate resilience?

In the piece of scripture we read, St Paul encourages us to “run the race that is laid out in front of us”. Like any athlete, we will sometimes find this tough, and there will be times when we may feel like giving up. However, we are not alone in our challenges – we have a “cloud of witnesses”, and in Jesus, we have an example to follow, of someone who kept going, even when everything seemed lost, and in doing so, did more than we could hope for or dream.

REFLECT:

Let's go back to what we were thinking of at the beginning:

- How has your week / day been?
- What are the challenges you are facing right now?
- How do these things make you feel?
- Are there ways you might want to show resilience?
- Who are your "witnesses" who will help you with this?
- What are the things that bring you happiness?

You may like to write down or draw some of your thoughts and look back at them during the week. You might want to listen to this piece of music while you reflect: <https://youtu.be/HPuj6UISMhs?t=51> (Blinded by your Grace Pt.2 Feat MNEK - Stormzy).

SEND OUT:

You might want to bring these to God in prayer, using these words or your own:

Loving God,

You are with us always. Thank you for being with me in the joyful things in my life. Help me to remember you when I face challenges in my life, and to know that I do not face them alone. Amen.

2. SPIRITUAL DEVELOPMENT

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

EXPERIENCES that can help us ENCOUNTER:

TWEET IT:

We are living through a lot of challenges at the moment. What do you think is the most important thing people need to hear to help them through difficult times? What message could you send someone to encourage them to keep going?

PRAY ABOUT IT:

Use the 5 step **examen** prayer to reflect on your hopes:

1. GIVE THANKS for something that was good today.
2. ASK FOR HELP with something you need resilience for.
3. REFLECT on your day and think about the things that helped you to overcome difficulties and the things that made you feel like giving up.
4. SAY SORRY for the times you gave up or didn't take the opportunity to encourage someone else.
5. DECIDE how you will build resilience in yourself tomorrow.

ACTIVITIES that can help develop PRACTICES-HABITS:

Reflecting using song lyrics.

Listen to the song ([click here](#)) and reflect on it using the lyrics below. Underline things that you sometimes feel. Highlight things that you often feel. Circle words and phrases that encourage you.

Hard Pressed by Lou Fellingham

*I am hard pressed on every side but I'm not crushed
I feel pulled to pieces but inside I know I'm not
Feels like the world's caving in, find it hard to breathe
The water is rising, won't you come and rescue me.
I'm on my knees, O God please come to me*

*I fall into Your loving arms
You wrap me up, and I'm secure
Patiently You whisper to me You have a plan
To hold on it won't be long and you understand
You know my every need. You won't abandon me*

*Sick inside again today, I'm struggling to pray
And my head is spinning, cause I cannot see the way
I'm in need of direction, everything seems so unclear
O my God are you out there, or is this falling on deaf ears?
I'm on my knees, O God please come to me*

Miracles, You will do, as I come and put my hope in You

CONVERSATION STARTERS that can help develop RELATIONSHIPS-COMMUNITY:

Use these conversation starters from Dr Robyn Silverman as a way to discuss resilience and why it is so important:

- What do you consider to be a comfort zone?

- Why might trying something new or tough outside of your comfort zone feel uncomfortable
- What does it mean to you to be resilient?
- How do struggles, your beliefs and your personal values relate to resilience?
- What can you say to yourself when you're having a tough time with a challenging skill or situation?
- Who can you spend time with when you need encouragement to keep going?

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

Ourselves & Our staff

1. **Why don't you offer to coach someone through a personal challenge?** Being a coach or mentor is a wonderful opportunity to help a colleague discover new-found confidence and strategies to overcome challenges. Walking through a challenging circumstance with someone is a privilege and honour but also a great professional development opportunity for you as you learn to listen with the goal of fully understanding someone.
2. **You could keep a journal over the period of a week.** Each day, spend 15 minutes thinking of ways that you have already been resilient and write down your responses to these questions:
 - What were the three toughest challenges I have already overcome?
 - How did I get through them?
 - What did I learn that I can apply to my current situation?

Our families & Our community

1. **Use a secure messenger service (e.g. WhatsApp) to set up a 'resilience triad'.** Talk to two other people who you respect and trust and ask them to encourage you when things are tough. Choose people you look up to like a mentor or leader and make sure you are accountable to what they advise.
2. **Think about someone who is going through a challenge right now.** Why don't you spend some time thinking about how you could really bless them with a random act of kindness? Perhaps you could write an encouraging message in a card to remind them to keep pressing on? Maybe you could surprise them with a small gift that lets them know you believe in them and not to give up?
3. **Why don't you model what it means to be resilient?** Think of a new skill or hobby that you've always wanted to develop but never felt good enough to begin. You could start a video diary to record your progress and the things you need to do in order to succeed, little by little. Resilience will probably be required! Who could you encourage with this?

GOING DEEPER/FURTHER RESOURCES

READ this blog from the American Psychological Association. It explains some strategies you can use to adapt to different situations and emerge stronger than before: <https://www.apa.org/topics/resilience>

EXPLORE the website www.mind.org.uk. Make a note of the connections between positive mental health and your resilience by [clicking here](#).

CREATE a series of social media posts using a free Adobe Spark account. Be a 'hope carrier' to a wider audience and find positive messages to encourage them (www.spark.adobe.com).

Ask an adult to **WATCH** the movie 'Facing the Giants' with you. Feel courage and hope rise within you as you watch a story of resilience and determination win through (<http://www.kendrickbrotherscatalogue.com/facingthegiants/>).

MEDITATE AND REFLECT by praying this prayer for resilience: <https://betterlifecoachingblog.com/2014/02/04/the-prayer-of-resilience/>