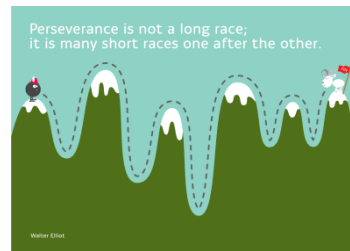


**Persistence in doing something, despite difficulty or delay in achieving success.**



**Bible verses:**

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.

Hebrews 12: 1-2

I wonder why St Paul described life like a race?

I wonder it means for Christians when it says 'The road marked out for us?' Link to athlete training, doesn't happen overnight, if we want to get better at something we have to keep working at it and persevere. Is it always about winning? Or being the best you can be?

Athletes have to eat the right food, get enough rest, train and practice, improve their technique – over time. How can we apply these skills to our lives in school?

How might Christians use this example to be more like Jesus? Follow him, keep their eyes on Him, He was perfect and His example of living and treating others is how Christians want to live. Eat well – Christians describe prayer and Gods word, The Bible, as their spiritual food, so praying and reading the Bible regularly will help Christians to grow in their faith.

Keep your eyes fixed on Jesus

<https://www.biblegateway.com/passage/?search=Matthew+14%3A22-33&version=NIV>

Matthew 14: 22-33 – Peter walking on the water.

When Peter took his eyes off Jesus, he began to sink and struggle. Jesus pulled him out and helped him.

<https://www.youtube.com/watch?v=SIW6HVI4qSE> – Peter walks on the water video clip.

<https://www.youtube.com/watch?v=oVy9HGr3Qig> – Peter walks on the water cartoon clip.

But as for you, be strong and do not give up, for your work will be rewarded.”

2 Chronicles 15:7 (NIV)

I can do all things through Christ who has strengthened me.

Philippians 4:13

It doesn't just say some things – it says ALL things. God cares about the small things, like when you are stuck on a maths question, to the larger things like which school to choose for year 7. Ask God to help you, He is always listening.

<https://www.barnabasinschools.org.uk/exploring-values-with-the-bible-perseverance/> - Barnabas in schools website, further guidance on exploring perseverance in your acts of worship.

[http://www.cbn.com/spirituallife/prayerandcounseling/intercession/weekofprayer05\\_grobertson\\_seg2.aspx?mobile=false&u=1](http://www.cbn.com/spirituallife/prayerandcounseling/intercession/weekofprayer05_grobertson_seg2.aspx?mobile=false&u=1) - Perseverance in prayer. Bible verses and additional guidance.

### Theme videos:

[https://www.youtube.com/watch?v=Nhk\\_5c6H-yc](https://www.youtube.com/watch?v=Nhk_5c6H-yc) - Run the Race - The Faith in Christ that Perseveres

[https://www.youtube.com/watch?v=sWDa\\_7Q9ryI](https://www.youtube.com/watch?v=sWDa_7Q9ryI) – Running the race. ‘I am a disciple’

<https://www.youtube.com/watch?v=8YZSI692pbM> – Running the race – Christians in sport

<https://www.youtube.com/watch?v=kZIXWp6vFdE> – inspirational video – never give up. Illustration of how God can help us when we are feeling like we can’t carry on.

[https://www.youtube.com/watch?v=CATCSEoeG\\_c](https://www.youtube.com/watch?v=CATCSEoeG_c) – Trailer from Eddie the Eagle film – overcoming all odds to achieve. Don’t always have to be the best or the winner, but it is about not giving up and doing the best you can.

<https://www.youtube.com/watch?v=QSR5J2ysT40> – Cambridge Women’s boat race team. Even when their boat was sinking, they worked as a team and didn’t give up to complete the race.

<https://www.youtube.com/watch?v=Ch-aqIGEEGU> – Mo Farrah trips in race, but still goes on to win. What can we learn from Mo Farrah? How does he train? Does he have to work hard, eat the right things?

<https://www.youtube.com/watch?v=nhixMwfBL7Y> – Dave Whottle 800m – Never give up.

<https://www.youtube.com/watch?v=TrQF6w4TQx4> – Samir Ait Said recovery from injury at the Olympics. (French gymnast) Great example of perseverance.

### Songs:

<https://www.youtube.com/watch?v=jpqV3dzYOGk> - Try everything Shakira (Not a worship song, but worth singing as the words are great!)

<https://www.youtube.com/watch?v=OOFcwMd4YME> – Hillsong Big word – Hebrews 12:1

<https://www.youtube.com/watch?v=WodvQf0Jo9s> – Jump up and down. Dougie Doug Doug.

<https://www.youtube.com/watch?v=IFBZJGSgyVQ> – My Lighthouse by Rend Collective.

<https://www.youtube.com/watch?v=15R6SNZ-K1g> – Never give up by Hillsong Kids

### Reflection / Prayer area ideas:

Display the Hebrews Bible verse. Google search for images below.

[https://www.google.co.uk/search?q=hebrews+12:1&source=Inms&tbm=isch&sa=X&ved=0ahUKEwi\\_vyu2smrrcAhXFN8AKHRymCGMQ\\_AUICigB&biw=1158&bih=802](https://www.google.co.uk/search?q=hebrews+12:1&source=Inms&tbm=isch&sa=X&ved=0ahUKEwi_vyu2smrrcAhXFN8AKHRymCGMQ_AUICigB&biw=1158&bih=802)

I wonder what it feels like to run a race?

I wonder why Paul describes being a Christian like running a race?

Have a Bible open with Ephesians or Chronicles passage open. I wonder how this Bible passage might help you?

Images of runners at different stages in a race – with questions... how do you feel when you are struggling with something? Who can help you when you feel like giving up? How does it feel when you have persevered and not given up?

Quote from Pierre De Coubertin – Founder of the modern Olympic Games

**“THE MOST IMPORTANT THING IN THE OLYMPIC GAMES IS NOT WINNING BUT TAKING PART; THE ESSENTIAL THING IN LIFE IS NOT CONQUERING BUT FIGHTING WELL.”**

**PIERRE DE COUBERTIN**

Running vest and trainers displayed.

Have a selection of cut out [footprints](#) or [trainers](#). Children could write or draw – what would you like help to persevere with? And /or – Write a prayer to ask God to help you persevere.

Have a selection of running numbers that athletes put on their running vests. On the back put the Hebrews verse and encourage the children to take one to remember that God is with them as they run their race.



Name of school
<b>537</b>

*Dear Father God,*

*Thank you that you promise to always be by our side every day.*

*Please will you help me to persevere when I am stuck and feel like giving up.*

*Help me to keep my eyes fixed on you, so I can follow your example and help and guide anyone who might need my help.*

*Amen.*

Seating area – Sit quietly and think about something you found hard and how you persevered and overcame it. How did you overcome it? Who helped you? Say thank you quietly for those people who ran with you. Be proud of all you have achieved and think about how you might persevere again or help someone else who is struggling.