

Year 6 Transition – Thought of the Week (1)

Week Beginning 22nd June – Resilience



Resilience is the strength of character to keep going even when we encounter challenge. It can be grown or developed, like a muscle. Christians learn from the Bible how to keep going when seeking justice or serving others, knowing that they don't have to do it alone.

TOGETHER, WE CAN ALL GROW IN RESILIENCE

'To fight for change tomorrow, we need to build resilience today.'

Sheryl Sandberg

This weeks video on resilience

<https://www.youtube.com/watch?v=Wt3XbiWWhiQ&t=56s>

Pray

Use this prayer by Rachel Barrentine

Dear Father, I praise You for Your strength, grit, and tenacity.

You never lose. You never give up. You are the Life-Giving Breath in every living thing.

In You, I live and move and have my being.

You are my bounce-back power.

My backbone.

My bravery.

Courage.

Purpose.

Steadfastness.

Make my spirit buoyant, like a lighthouse on the water.

Make my soul rebound with joy at the arrows of the enemy.

Make me Lion-hearted, stubborn with fearless obedience.

When I feel like breaking, be my flexibility.

Bend, shape, squeeze me into Your image.

Oh that I would respond to Your voice in faithfulness.

Oh that my eyes would be fixed on Your greatness.

Be my Resolution.

My Revelation.

My Rejuvenation.

Make me resilient.

In Jesus name,

Amen