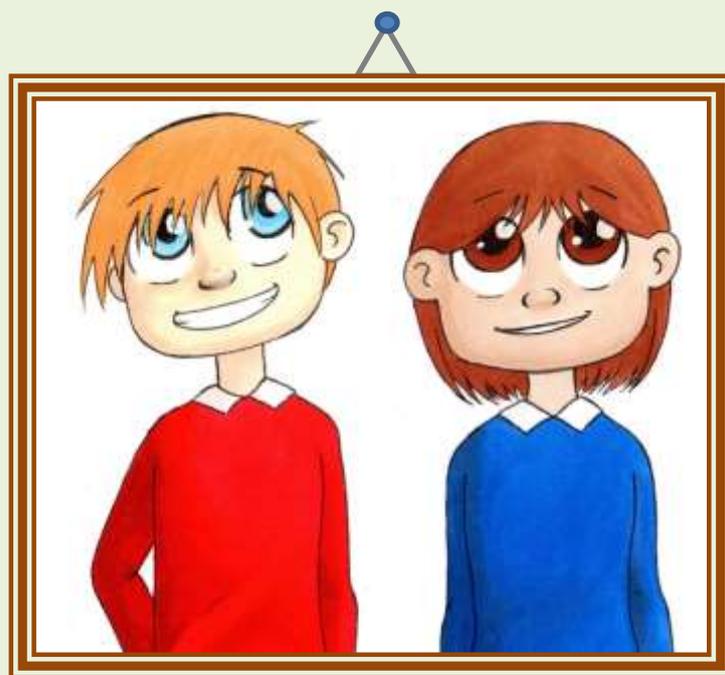


Complementary  
Resource  
(Part of a four-year scheme)

# Simply Collective Worship



Assemblies and  
Thoughts for the day

By Phil Lord

Week\*

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- .2 The wise builder
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\*The week the theme appears in cycle 1 of the four-year scheme

# 1.1 PREPARATION IS EVERYTHING!

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**Possible image(s): Ancient lighthouse of Alexandria**

The history of tall buildings and structures is very interesting. **Ask if pupils can name a couple of very tall buildings, can they name some of the oldest tall structures?** Ancient tall buildings were built for a variety of reasons, the Great Pyramids of Ancient Egypt were built around three to four thousand years ago to house the Pharaohs as they passed from this life to the next. The tallest Pyramid was the Great Pyramid at Giza around 147 meters; that's nearly 1 and a half football pitches high. The 'Lighthouse of Alexandria' (**possible image**) was built around 270BC to guide ships safely into the ancient city of Alexandria in Egypt.

Cathedrals were some of the tallest buildings of their time. In 1311, Lincoln Cathedral became the tallest building in the world at around 160 meters. It was the tallest building for over 300 years. In the late 19th century, the Eiffel Tower in Paris, France, became the tallest structure in the world. In the late 1800's architects in America started building skyscrapers and throughout the 20th-century architects and builders were in competition to create the tallest building in the world. New York city has had its share of these skyscrapers; the Singer building built in 1908 stood 187 meters above the pavement, only 30 years later the Chrysler building stood 319 meters high, over 50% bigger. At 443 meters the Empire State building, again in New York, stood as the largest building in the world for over 40 years, from 1930 to 1972 except for some aerials and TV masts. Many skyscrapers have been built since, with different countries competing to have the tallest.

Currently, the United Arab Emirates holds the record with the Burj Khalifa standing at 828 meters (4 football pitches high). Saudi Arabia is planning the 'Kingdom Tower' so that it can boast of having the tallest building standing at over 1000 meters. The foundations of the Burj Khalifa building are over 40 meters, the foundations for the Kingdom Tower have been estimated at 60 meters (over half a football pitch). The Kingdom Towers' designers are designing and testing new types of concrete to ensure the foundations and building materials are strong enough. It is hoped to be built around 2017.

Foundations! They are so important in all of the buildings we've mentioned, if they weren't strong enough what would happen? The Bible tells of a parable that Jesus told about how important our foundations are, and no he wasn't talking about choosing the right shoes.

**Either you or a pupil read the story below (or from a children's Bible).**

**(Taken from Matthew 7:24-27)**

Jesus spent a lot of his time teaching people about how they should treat others and how they should live their lives. At the end of one of his most famous teaching sessions' known as the 'Sermon on the Mount', Jesus told a famous parable about

two men who wanted to build themselves a house each. The first man sought out a spot that would be ideal for his house. He found a plot of land that had a very firm base. Jesus said that he built his house 'on the rock'. The second man found his spot straight away, no searching for him. He did not 'waste' his time looking for a solid or firm base. Jesus said that this man built his house on the sand. Both men completed their houses and sat down in front of the telly (not in the Bible version). One evening, not long after both men had completed their houses, it started raining. Both men had to turn the volume up on the telly as the wind outside was making it hard to hear. One house was bolted to the rock, it didn't move, and the man sat safely in his house. It wasn't so for the other house, the sand that it was on moved in the wind, the foundations began to give way, and the house came tumbling down. At the beginning of a school year, it is important that we build on the correct foundations. Jesus said that those who act on his words were like those who build on good foundations, those who choose to ignore them build their lives on poor foundations. We will explore this further in our times of reflection throughout this week.

### **Time to reflect**

What is a piece of good advice that you've heard recently?

How would you act on that piece of advice?

### **Prayer**

*Dear God*

At this time of year, it is important that we make the right start to our school year. Help us to take the good lessons that our teachers, important adults and other pupils give us in our school and turn them into a good foundation that will help and support us in the future. *Amen*

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# 1.2 THE WISE BUILDER

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Yesterday we heard the parable of the wise and the foolish builders. Can anyone summarise the parable? Jesus said that those who acted on his words were like the man who built his house on good foundations. In school, you will receive lots of words, some about learning, some about caring, some about sharing and lots of others. Many of these will help us all to build a good and solid school community as well as prepare us for the future. The learning may help you to secure a good job. The caring and sharing will help us to help each other. A person who cares is usually someone who is also cared about by others.

The man in our story put in the effort to take the time to find the correct spot. It would be difficult to fix his house to the rock, but he knew that it would pay off in the future. By working hard now, he was helping himself in the future. It is the same with school. If a job is worth doing, it's worth doing well. A little more effort in lessons, trying to say and do the right things are all good preparation for the future.

### **Time to reflect**

What could you do today that will help you in the future?

What could you put a bit more effort into that will ensure a better result?

### **Prayer**

*Dear God*

Help us to understand that what we do today will have an effect on our future and that school is helping to prepare us for the rest of our lives. Help us to put in the effort now so that we can see the benefits later. *Amen*

# 1.3 THE FOOLISH BUILDER

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Can anyone recount the parable of the wise and foolish builders? What actions make good foundations? The foolish builder built his house on soft foundations, foundations that ultimately ruined his life. He lost his house and it left him in the same position he was before, needing to build a house. Is it easier to live life by listening to good advice or by learning from your own mistakes? The answer is acting on the good advice but in reality, we all probably need a bit of both, but some people live from one mistake to another. Each time they make a mistake they need to pick up the pieces and start again. Some people may learn from their mistakes, next time starting with stronger foundations. Other people don't learn from their mistakes and are always 'left picking up the pieces'. Learning to think before we act is the key to making sure that we make the correct choices. In the version of the story we heard, the sand was an easy option, the man could build straight away. The walls could have been easier to secure to the sand, like putting tent pegs into grass. Taking the easy option isn't the wisest choice, it ended up costing this man his home.

## **Time to reflect**

Can you think of a time when you had to learn from your mistakes?  
What advice have you acted on recently?

## **Prayer**

*Dear God*

We are aware that sometimes we learn by acting on the advice from others and sometimes from making our own mistakes. Help us to create firm foundations from both. Amen

# 1.4 PROVERBS AND WISDOM OF OLD

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Does anyone know what a proverb is? Can you give me any examples? There are lots of sayings and stories that have meanings that act like advice. Proverbs are short sayings with a little bit of meaning that may help people to make the right decision when faced with a problem. There is a book in the Bible called 'Proverbs' and along with a few other books they are called the 'wisdom books'. One proverb describes the lasting effects of a good foundation. Proverbs 22:6 (NIV) 'Start children off on the way they should go, and even when they are old they will not turn from it.' A good start can last a lifetime. Other proverbs give advice, Proverbs 15:1 (NIV) 'A gentle answer turns away wrath, but a harsh word stirs up anger.' It's easy to say the first thing that comes into our minds, but that may not be the best thing to say especially if you are angry. It will often make the situation worse, a foolish course of action. Take time to think things through and it may solve the problem.

## Time to reflect

What have you learnt that you think you'll use throughout your life?

## Prayer

*Dear God*

Thank you for the wisdom that is all around us. Help us to work out what is wise and what is foolish. Help our school community to build solid foundations for the benefit of all of us. *Amen*

# 1.5 PRACTISE MAKES PERFECT

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Can anyone tell me what a proverb is? 'Practise makes perfect' is a proverb or saying that is a foundation of successful musicians or a sports person. Most people practise until they get it right, professionals practise until they can't get it wrong. Buildings stand proud and strong but their foundations can't be seen, they're hidden. Practise for many musicians isn't heard by anybody but themselves and maybe their families. We don't see athletes getting up at 5 am and running around the sports track, but we see and applaud them when they stand on the podium to receive their medals. The mark of your spelling test can be shown to family and friends, but preparation is hidden at home. A final project can be placed on the wall of your classroom, but no one knows the research that has gone into it. The Kingdom Tower will go through months possibly years of testing the various materials to build it, but in 10 or 20 years all we will see is the 1km high building.

## **Time to reflect**

What do you need to practise?

Can people guess what your foundations are by looking at what you do?

## **Prayer**

*Dear God*

Help us to make practise a good foundation in our lives. We know that if we are prepared to put in the effort, we reap the rewards. Help us at the beginning of this new school year to know that the effort we put in now will be seen in years to come. *Amen*

# 9.1 REMEMBRANCE *(Infant friendly)*

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## **Possible image(s): Poppy**

*(Although SCW is a resource aimed mainly at KS2 pupils, the day 1 act of CW may be presented within a whole school assembly. The issues of war and killing within many remembrance assemblies are unsuitable for infant pupils. This Remembrance Day assembly is designed for infant pupils. We will address how remembering the past can shape our actions in the future.)*

**Preparation: please enlarge each of the following images onto a sheet of A4, and print them, one per sheet:**

- rotten apple
- fresh apple

**Lay the sheets of A4 image down on the floor at the front of the room. Rotten apple on one side and the fresh apple on the other, make sure you remember which one is which.**

This/or last Sunday is/was a very important day in our country. Can anyone tell me what it is/was called? Remembrance Sunday is an important time when lots of people walk around the streets wearing poppies, brass bands often play, and church services are held to remember soldiers who fought in different wars. Poppies are put in special places in villages, towns and cities all over the UK. **Mention if your school was involved in a Remembrance Day parade.**

We celebrate lots of things to help us remember, who's had a birthday recently? How did you celebrate your birthday? Your parents and family would have remembered the day you were born; you probably can't remember that day can you? Lots of religious festivals remember important people and what they did in the past. Remembering the past is important, but why do we have a special day to remember things that are not very good, like war?

**Ask a volunteer to come to the front. Ask them to look at the image of the rotten apple and the fresh apple at either side of the room without showing the images to the other children. Once they have seen them, they can sit down. Repeat with 5 or so other pupils.**

Well, I wonder what they saw. Ok volunteers, if you were given the choice of being given either of those, point to the one you'd choose. **Show the two images to everyone.** I know which one I would have chosen. **Ask the rest of the children to point to the one that they would choose.** The majority of us (if not all) would choose the fresh apple, and we'd stay away from the rotten apple. My volunteers had to remember which one they had seen before they could point to their choice.

Well at 11 o'clock, on the 11th day of the 11th month in 1918, World War 1 came to an end, and that is a good thing. Every year on the 11th of November and the nearest Sunday to the 11<sup>th</sup>, people commemorate the end of the war. The word commemorate means that we remember and respect something. People are often quiet for 2 minutes at 11 o'clock on these two days. They may remember a family member who may be in the army or other armed services. They may think about some of the horrible things that happen in war to remind them that it is not a good thing and that we should do everything we can to avoid it.

It's easier to choose the good when we remember the bad. Our volunteers chose the good apple because they'd seen the bad apple. One reason we have 'Remembrance Day' is to try and stop the bad things from happening again and again. By remembering the past, whether it is good or bad, it can help us to make good choices in the future. If we know how good friends and happy times make us feel, then we should try to be good friends to others. What have you done in the past that you can learn from?

### **Time to reflect**

Think about a time when you did something you knew you shouldn't, how did it make you feel?

Think about when you have done something well, how did that make you feel?

Try to use both of these times to help you make the right choice today.

### **Prayer**

*Dear God*

We know that Remembrance Day is the day we set aside to think of those who died in war. We are thankful for the relative peace we have enjoyed in the UK in the years after World War 2 up until now. We pray for peace in places around the world that are at war now. Help us all to learn the lessons from the actions of the past. Help us to change the bad and repeat that which is good. *Amen*

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## 9.2 IS IT IMPORTANT TO REMEMBER?

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***Ask the pupils for examples of events that are important to remember.***

Why do we remember some things and forget others? Some things we choose to remember as a community, or in other words, we don't want to forget. In the UK, we have chosen to remember the end of the World War 1, and because we have chosen to remember it means that we think it is something that we shouldn't forget. We remember the battles that took place and the men who died fighting. World War 1 taught the world that war should be avoided wherever possible. So in choosing to remember the battles and the men who have given their lives we are also choosing to remember that peace should never be taken for granted.

### Time to reflect

Why is it important to remember?

What should we remember on Remembrance Day?

### Prayer

*Dear God*

We take time this remembrance week to be thankful. May we never take it for granted. Help us to choose to remember those who were and are not as fortunate as to live in peaceful times. May our remembrance be seen in our actions as we seek to learn the lessons from our past. *Amen*

## 9.3 AN ACT OF REMEMBRANCE

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**Ask the pupils what they think 'act of remembrance' means.** The act of remembrance on either Remembrance Sunday or Remembrance Day involves a two-minute silence. The significance of silence is important for a couple of reasons. The guns fell silent on the 11<sup>th</sup> November 1918. Imagine how a soldier on the front must have felt knowing the gunfire had come to a permanent end. Imagine just how quiet it must have been compared to the noise of years of shelling, explosions and rifles firing. The silence must have brought back a confidence in life; it meant the fear of death was over. Silence also gives *us* the opportunity to reflect on what is important. Silence must have seemed extremely important to the soldiers on that first Armistice Day. Today, we remember family or friends that are involved in the armed services (The Army, Navy and Air Force) or think about how important it is for us to live in a country without the constant fear of war.

### **Time to reflect**

Think about how important silence must have been on the 11th November 1918.

Take some time to enjoy the silence today.

Think about family and friends.

### **Prayer**

Dear God

We are thankful for this time of year when we remember those that have fought in war. We think of those who lost their lives in war and for those that have fought so that we may live in relative peace. We ask that we may live lives that help bring an end to conflict and wars. *Amen*

## 9.4 THE GIFT OF PEACE

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**Ask pupils to think about a gift they have received from someone important.** Gifts come in all shapes and sizes. Some gifts are more important than others and they are important for a whole host of reasons. Firstly, because we have wanted something and waited for it for a long time. Secondly, because it was expensive and thirdly because it was given by someone important. The peace at the end of the Second World War must have seemed like a gift. The war lasted five years. It not only affected the soldiers fighting, but planes bombed towns and cities across Europe. All of those affected by the war must have felt peace was never going to come. The eventual peace at the end of the Second World War cost the lives of an estimated 20-70 million people as well as the cost of rebuilding towns and cities due to the bombing. In Europe and across much of the World, the majority of families would have known someone who had died in the conflict, someone they thought important who died as a result of the war. Some gifts are lasting reminders of what we hold to be important. Remembrance may help us realise the importance of, and work for, a real and lasting peace.

### Time to reflect

Is peace a gift given by others?

What did peace cost?

### Prayer

*Dear God*

May we remember during this time of remembrance the gift of peace. Help us to remember the cost of war. We ask that those in positions of power across the world strive for a real and lasting peace in areas of unrest and trouble. Help us also to act to bring about peace and understanding in our own communities. *Amen*

## 9.5 A LASTING REMEMBRANCE

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Many communities across the United Kingdom contributed to fund the building of a memorial or cenotaph to remember those that died during the World Wars. **Ask the pupils if they know where their local cenotaph is.** You can see these in most towns and cities and at this time each year poppy wreaths will be placed on them as an act of remembrance. Memorials along with plaques in schools, churches and in community halls have the names of those who gave their lives during times of war. We have set aside this time in November to remember as a community, but the memorials stand as lasting reminders throughout the year. They remind us that we should be working for peace all year round, not just once a year.

### Time to reflect

How can remembering make things better?

How can we make remembrance last?

### Prayer

*Dear God*

At this time of remembrance, we remind ourselves of the importance of peace. We are reminded that it is our responsibility to make the world a better place. Help us to be thankful and continue to work for peace throughout the year. *Amen*

# 18.1 IF AT FIRST YOU DON'T SUCCEED

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## ***Possible image: Spiders Web***

What connects sports, riding a bike, playing an instrument, reading and writing? Well, I've never met a person who has been able to do them from birth. They are all learned and require effort and practise. We know that some people find some of them easier than others, but nobody was born with these abilities.

Have you heard the saying 'if at first you don't succeed try and try again'? Can you think of something you couldn't do, but you can now? Think about how a young child learns to walk. Long before they try to stand up, babies will begin moving their arms and legs to build up their strength and learn how to move them. Most babies will progress on to crawling, building up their muscles and practicing their coordination. They may start to stand up, holding on to furniture, and then inevitably comes the first steps. Just imagine that you are watching a young child, who has spent the last year preparing for their first steps, you've walked them around holding on to your hands, but now they are about to do it on their own for the first time. You watch as they let go of the furniture and get their balance, they take one or two steps, and then they fall over. Can you imagine if the young child decided at that point that walking was too difficult and gave up? We are not programmed like that, the child will try and try again until they have mastered the art of walking.

At school, you may hear the term 'resilience'. Resilience means the ability to recover from difficulties and try again. We are all born with resilience, whether walking, talking or a whole host of other activities, humans have the ability to overcome difficulties and have another go. But sometimes things can seem too much for us, sometimes we can think, it is easier to give up than to continue.

Robert the first, also known as Robert the Bruce was King of Scotland over seven hundred years ago. Before the 13<sup>th</sup> century, Scotland had been an independent country, but in the late 1200's Edward the first, King of England, ruled Scotland as if it belonged to him. In 1306, Robert the Bruce claimed the throne of Scotland and began to fight the English to try to regain Scotland's independence, but he was defeated in 1307 by the then King of England, Edward II. Robert went into hiding, but nine years later he returned to Scotland and continued his quest, winning some important battles. Scotland regained its independence in 1320.

After one of his defeats, sitting in a cave, it is said that he saw a spider trying to make a web at the entrance of his hiding place. Time and again the spider would fall to the floor of the cave, start climbing back up and try again. The small spider struggled but finally managed to secure her silk to the rock and begin to weave her

web. Legend has it that Robert was so impressed by the little spider's 'resilience' that he was inspired to continue to fight for Scotland's independence.

Mastering the art of reading or learning and using your times tables may not seem like you are freeing a nation, but they do require resilience. The ability to carry on and to try again does take time and effort but as we have learned from babies and a spider, if at first you don't succeed (and you probably won't) try and try again.

### **Time to reflect**

Can you think of something you couldn't do, but now you can?

What school skills do you need resilience for today?

### **Prayer**

*Dear God*

We are thankful for the examples of resilience, and we know that we are all born with the ability to be resilient. We know that sometimes it is easier to give up than carry on but help us to understand that determination and resilience lead to a better future for all of us. *Amen*

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# 18.2 SURE WAY TO FAIL #1

## DON'T TRY IN THE FIRST PLACE

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Ask the pupils to define what resilience means. Why was the spider in **yesterday's story resilient?** Over the next few days, we are going to discuss some of the things that we do that ensure we fail. By thinking about ways in which it is guaranteed that we will fail, it will help us to think about what we need to do to become more resilient. The first sure way to fail is 'don't try in the first place'. Imagine if the baby is watching its brothers and sisters all walking around and playing and starts thinking to itself "I'd love to be able to walk like them" but then one of them falls over and hurts themselves. The baby might start thinking "I've changed my mind, I'm safer on the floor, I'm never going to try and start walking." Or what if a mountain climber hoping to get to the top of his first mountain, plans his route on a map, packs up his equipment and stands at the bottom of the mountain, looks up at the peak which is beyond the clouds and thinks "that mountain is too tall for me, I think I'll go back to bed". Both the mountain climber and the baby have failed because the task ahead seemed too overwhelming, too hard a challenge. Every challenge you have overcome already and every achievement you have had up to now has required you to start it. Starting something new can be scary, but one sure way to fail is not to try it in the first place.

### Time to reflect

Can you think of something that you really didn't want to do, but when you tried it you loved it?

Have you ever wanted to do something but when it came to it was too scary or seemed like too much effort?

How can we encourage others when they are scared?

### Prayer

*Dear God*

We are thankful that we are resilient, that we have been successful in starting on new challenges. We are grateful for new and exciting experiences even if sometimes they seem scary and overwhelming. Help us to continue to have the resilience to see them through and help us also to encourage the resilience in others. *Amen*

# 18.3 SURE WAY TO FAIL #2

## GIVE UP AFTER THE FIRST TRY

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Can anyone remember what yesterday's sure way to fail was? How did yesterday teach us to be resilient? Today's sure way to fail is 'give up after the first try'. Imagine the baby has taken his or her first steps and falls over in the middle of the lounge. What now, should the baby just give up, crawl to the side, never to try and walk again? Or the mountain climber, prepared to climb to the top is defeated by the weather, the cloud is so low that he can't see where he is going and climbs back down. Should he give up, or should he wait until the weather is better and try again? There are many stories of people whose resilience can inspire us. After J.K. Rowling had written the first of the Harry Potter series of books, she was rejected by twelve publishers before it was finally given a chance. The saying goes 'if at first you don't succeed try and try again!' The Bible also encourages resilience, St. Paul writes 'So let us not become tired of doing good; for if we do not give up, the time will come when we will reap the harvest' (Galatians 6:9, GNB). Both St. Paul and J.K. Rowling know that success comes from trying and trying again.

### **Time to reflect**

Have you ever given up doing something that you really really wanted to do? What was it that made you stop, did you feel you were not good enough or did it take more effort than you thought it would? How would you encourage others who were feeling as if they weren't good enough? What do you think St Paul meant by 'we will reap a harvest' if we are resilient?

### **Prayer**

*Dear God*

We are thankful for the examples of resilience, and we know that we are all born with the ability to be resilient. We know that sometimes it is easier to give up than carry on but help us to understand that determination and resilience lead to a better future for all of us. *Amen*

# 18.4 SURE WAY TO FAIL #3

## COMPARE YOURSELF TO OTHERS

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Can anyone remember yesterday's sure way to fail? How did yesterday teach us to be resilient? Today's sure way to fail is to compare yourself with others. There will always be someone who can do what you can do better. There will always be someone who can read faster, ride faster, swim faster, learn faster, but does that mean that you shouldn't try? We've said today that we shouldn't always compare ourselves with other people, by that we mean we shouldn't be too disappointed if we can't do something as well as someone else can. Imagine our baby at their mums and toddlers group and they start chatting with a baby that is already walking and running around the hall. Imagine to our baby's horror that this other baby is 4 weeks younger. How could that make our baby feel? Should that stop our baby from practicing to walk? No of course not, but sometimes when we compare ourselves to others it can make us feel like we are too slow or we aren't good enough. We all learn and progress at our own speed. Whilst everyone in the line-up for the start of the 100m Olympic final would like to win, there is only one winner. Should the others give up because they can't be compared with the winner or should they continue to strive to beat their own best time? For many athletes, the person they are usually racing is themselves, trying to beat their own fastest time and hoping that their time is faster than everyone else's. Other people can be an inspiration, but never let someone else's success stop you from trying.

### Time to reflect

Have you ever given something up because someone else is better at it than you?  
Will there always be someone better at it than you?  
How can we ensure that we enjoy it without comparing ourselves to others?

### Prayer

*Dear God*

We are thankful for all the gifts in our school and the variety of activities that we are good at. May we not judge or be discouraged by comparing ourselves with others. Help us instead, to be inspired by others and celebrate all our successes. *Amen*

# 18.5 SURE WAY TO FAIL #4

## FAIL TO PREPARE

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Can anyone remember yesterday's sure way to fail? How did yesterday teach us to be resilient? Today's sure way to fail is 'fail to prepare'. We have been thinking about a baby and a mountain climber and the things that might happen so the baby gives up trying to walk, and the mountain climber gives up trying to climb his mountain. A baby would not be able to walk without months of moving their arms and legs about, sitting and crawling, strengthening and practicing using their muscles. The mountain climber will prepare for his or her expedition. They will need to gather the right equipment, and they will need to ensure that they are fit and healthy to be able to complete the climb. The Bible encourages preparation and uses the example of building a house to explain its importance. 'Prepare your work outside; get everything ready for yourself in the field, and after that build your house' (Proverbs 24:27, ESV). One way that we can all prepare at school is to set ourselves targets. By setting reasonable targets, they will help us to be able to break down big and difficult things into smaller chunks, we can plan and use resources to help us achieve our goals. As Benjamin Franklin, the vice president of America once said over two hundred years ago, "Failure to prepare is preparing to fail."

### Time to reflect

Think of a time when you prepared for something and it helped you to succeed.  
What do you need to prepare for today or in the near future?  
How can you prepare for it?

### Prayer

*Dear God*

This week we have thought about different ways to overcome failure. We are thankful for new experiences and aware that we need effort and resilience to continue to overcome new challenges and master new skills. We are thankful for those that help us to prepare and encourage us as we take on and succeed in our goals. Help us as a community to encourage and help each other as we all overcome the challenges set before us. *Amen*

# 25.1 CALM, PEACEFUL AND UNTRoubLED

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**Possible image(s): A Storm**

**Preparation: Bookmark Mark 4:35-41 or download the video 'Jesus calms the storm' (2 minutes, 8 seconds)**

**<http://www.max7.org/en/resource/jesuscalmsthestorm#> These videos can be downloaded onto a USB as a permanent resource for the school courtesy of [www.Max7.org](http://www.Max7.org) The full video contains animation with the Bible passage being read, there is also a version 'visual with music and SFX' that just contains the animation to music which is also very effective.**

**Prepare some blank placards and a black marker pen.**

The title of today's assembly is 'Calm, peaceful and untroubled'. Well doesn't that sound nice? I think we would all like to live in a world that is calm, peaceful and untroubled. Today we are going to think about the difference between what goes on in the world around us and what we feel inside. Often what happens around us affects our emotions and feelings, some of that is good and at other times, not so good. We may laugh at a friend's joke or be inspired when we see someone else's act of kindness. Other times we may be hurt by someone's nasty words or become angry when someone does something that we think is unfair.

Feeling angry is certainly the opposite of feeling calm, peaceful and untroubled. If I was to look up the word 'anger' in a thesaurus, what other words would I find? **Write down the words offered by the children on the blank placards and/or write the following: annoyed, frustrated, grumpy, temper, irritated, fury. Write down at least six.** I need a volunteer to put these words in order of least angry to most angry (**or order them collectively**). Different situations may affect us in different ways. Some situations may make us angrier than others. The problem with anger is that it often stops us from being able to think through situations. It can often lead us to say or do things that actually make the situation worse.

One word that the thesaurus uses as a synonym (posh word for similar) for anger is 'storm'. The word gives us an image of what can be going on inside of us when we feel angry. Storm can also describe other emotions that happen inside us, not just when we feel angry, but maybe when we are scared or worried as well. There is an account in the Bible of when Jesus didn't let the storm that was going on around him affect his emotions. **Show the video or read Mark 4:35-41.**

The title of the assembly is a dictionary definition of the word 'serenity'. Serenity means calm, peaceful and untroubled. Jesus' disciples were obviously affected by the storm around them (and who wouldn't be), but Jesus slept calmly in the back of

the boat. Jesus was calm, peaceful and untroubled even though he was right in the middle of a storm. Anger, worry and hurt rarely make a situation better. Overcoming issues of anger, worry and hurt aren't always easy but like in the story of Jesus, no matter what goes on around us we can try and be calm, peaceful and untroubled.

### **Time to reflect**

Does anger, hurt and worry ever make a situation better?

Can someone be calm, peaceful and untroubled even in the storms of life?

How could we become more peaceful in difficult times?

### **Prayer**

*Dear God*

We would all like to live in a world in which we all could be calm, peaceful and untroubled. We know that it is quite likely that we will all go through difficult times. As we go through these storms of life, help us to learn to be calm, peaceful and untroubled. *Amen*

[Back to themes](#)

# 25.2 SERENITY PRAYER

## [Back to themes](#)

Can anyone remember what the word serenity means? A famous Prayer called the 'Serenity Prayer' goes something like this:

"God, grant me the serenity to accept the things I cannot change  
Courage to change the things I can  
And the wisdom to know the difference."

Sometimes we think it is better to change things than learn to live or accept them as they are. Take what we look like as an example. Many teenagers and adults try to change what they look like rather than just accepting themselves for who they are. They may try to change their appearance because they were bullied for what they looked like when they were at school, or they worry about what others think of them now. This Prayer offers some good advice in this situation, we don't need to be anxious about what we look like, and we can be calm, peaceful and untroubled about our appearance. Bullying is certainly the 'thing' that should and can be changed, but often people think it is easier to change what they look like rather than to put an end to the bullying. Like in the Serenity Prayer, we just need the wisdom to know the difference between things that need to change, things that need to be left alone and the courage to ask for help.

### **Time to reflect**

Can you think of a situation when you've wanted to change the impossible?  
What should you do if someone calls you names or bullies you?  
Why shouldn't we call other people names or bully them?

### **Prayer**

*Dear God*

We would all like to live in a world in which we all could be calm, peaceful and untroubled. We know that it is quite likely that we will all go through difficult times. Grant us the serenity to accept the things that we don't need to change, courage to change the things we can and the wisdom to know the difference. *Amen*

# 25.3 ANGRY OR PEACEFUL?

[Back to themes](#)

Can anyone remember the Prayer from yesterday? What does the word serenity mean? Well, this morning we are going to think about a really important statement, it is a statement that may help us when we feel angry and are not quite sure what to do about it. The statement is “you can’t be angry and serene at the same time”. Remember serene means calm, peaceful and untroubled. When we feel angry, we feel troubled inside. Untroubled is the opposite of troubled. When we feel angry, we say and do things that we wouldn’t do if we are calm and considered. Being angry can cloud our thinking, whilst when we are calm, we can think about the consequences of our actions. Have you ever got into trouble when your friend has made you angry because of some annoying thing they do, and you reacted by hitting them. Hitting we know is never ever the right thing to do. Getting away from your friend for two minutes so they find something else to do and so that you can calm down, is certainly the best solution.

## **Time to reflect**

Have you ever got into trouble because you got angry at someone else trying to wind you up?

How can you remind yourself to be calm in those situations?

## **Prayer**

*Dear God*

We would all like to live in a world in which we all could be calm, peaceful and untroubled. We know that it is quite likely that we will all go through difficult times. Help us to know when we are getting angry and to be able to make the right choices when we are. *Amen*

# 25.4 ANGER IS INEVITABLE

## [Back to themes](#)

Anger is an emotion that we all have, and we can feel angry for all sorts of reasons, not just when we are picked on. In Monday's assembly, we ordered different types of anger. Can anyone remember different types of anger? Frustration is a form of anger that you may feel when something isn't going your way, maybe you've got the same maths skill wrong again and again. Annoyance is another feeling of anger that you may get when someone is trying to wind you up the wrong way or if someone is doing something that you don't want them to. Being frustrated and annoyed are often a good way of motivating us to make good choices. If you can't solve a maths problem, frustration should lead you to go and ask for help from a friend or a teacher. If someone is annoying you, it might be because they are treating you or someone else unfairly, feeling annoyed may help you to fix the situation by getting a teacher to come and sort it out. Stopping and thinking when we start to feel angry, frustrated or annoyed can help us to think about the choices we have. We will explore those choices tomorrow.

### **Time to reflect**

Have you ever felt frustrated? Why? What happened as a result?

Have you ever felt annoyed? Why? What happened as a result?

What decisions make these situations better and which can make them worse?

### **Prayer**

*Dear God*

We know that emotions and feelings connected with anger are part of who we are and what make us human. Annoyance and frustration can often enable us to choose and make things better, to seek help or to solve a problem for ourselves. Help us to stop and think when we are angry, so that we can make the right choices and continue to help our community stay calm, peaceful and untroubled. *Amen*

# 25.5 ANGER RISING

## [Back to themes](#)

Can anyone remember the two examples we gave yesterday when explaining frustration and annoyance? Can you imagine if you were completing a maths problem and you kept on getting it wrong, you've tried and tried, and you start to get frustrated. As the feelings of anger start to increase what are the choices? You could ask a friend or a teacher or even go onto the internet to find a solution, or you could let the anger build so that you snap your pencil, throw your work to the ground and start head-butting the wall! Or if a friend is annoying you, you could move away from your friend and let them start doing something else and let yourself calm down, or you could go up to them nose to nose, shout in their face and push them over and then storm off. At the moment we are all calm, peaceful and untroubled, and it's easy to know what we should do. But when we are in those situations the options aren't always so clear. Stopping and thinking when we are angry will enable you to think about the choices we have. Choosing to cool down rather than blowing your top will become easier the more we practise it, enabling you to stay calm, peaceful and untroubled.

### **Time to reflect**

What options do you have when getting annoyed?

What options do you have when getting frustrated?

What options do you have when getting angry?

Which option should you choose?

### **Prayer**

*Dear God*

We know that emotions and feelings connected with anger are part of who we are and what make us human. Annoyance and frustration can often enable us to choose and make things better, to seek help or to solve a problem for ourselves. Help us to stop and think when we are angry, so that we can make the right choices and continue to help our community stay calm, peaceful and untroubled. *Amen*

# 29.1 TAMING THE TONGUE

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**Possible image(s): Dad with two (older) sons**

**Ask two pupils to read the part of the Father and the part of Samuel (non-bold Italics).**

Have you ever said something you have then regretted? Something that you said that hurt someone else and wished you could take it back? Well, over this week we are going to think about how powerful our words can be. I'm sure that we have all heard the saying, "sticks and stones can break my bones, but names will never hurt me." But the truth is that words have the power to affect someone for a very long time. A kind word at the right time can make someone feel so much better, and a harsh word at the wrong time can lead to all sorts of trouble. This week we are going to hear from members of a family that was broken apart by the words and actions of the youngest son. We will explore the events that finally brought the family back together.

**Father...**

*"I'm the father of two sons and up until recently everything had been quite normal really. We are quite a close family. The boys used to argue, like boys do, but Samuel, the youngest, had been starting to talk about leaving, he wanted to go and see the world. One day over breakfast he said that he wanted his inheritance now so that he could use it to fund his 'trip'. Joshua, my eldest son, was leaning back on his chair at the time, and Samuel's words nearly made him fall over. I didn't quite know what to do. You see; normally you'd only get your inheritance if your parents had passed on, you know died. So we were sitting around the breakfast table with my youngest son asking if I could hurry up and die. I didn't know whether to laugh or cry. Joshua was more offended than I was and walked off. After a couple of days and having talked it through with my wife I decided to split my property between Joshua and Samuel. It wasn't fair to give Samuel his share without giving Joshua what would eventually be his.*

**Samuel...**

*"Hi, I'm Sam, but my dad always calls me Samuel. I know that dad has told you that I wanted him dead so that I could have my inheritance. That's not what I meant. You see, for ages I've wanted to go and see the world. I've grown up in a smallish village and don't get me wrong, it's been a good life, but I'm sort of bored and I want to explore what's out there. I thought that if I waited until dad passed on, then I'd be too old to go and enjoy life, so one morning over breakfast I just said it. I'd been thinking about it, but I just came out "Dad, can I have my inheritance". Joshua got quite angry, but dad took it better than I thought he would. A couple of days later he said he'd give me the inheritance."*

Samuel's words over the breakfast table began a chain of events that he and his family weren't expecting. The Bible likens the tongue to the bit in a horse's mouth or the rudder of a huge ship, even though they are so small they have a huge impact. Our tongue and our words are small, but the effect they can have is massive. What you say at home and in school is far more powerful than you probably think. You know the phrase 'treat others how you yourself want to be treated', I think we could change that to talk to others as you would want them to talk to you.

### **Time to reflect**

What advice would you have given to Sam when he was thinking about asking his father for the inheritance?

Do you think the father should have been offended?

Would you have given Sam his inheritance?

### **Prayer**

*Dear God*

We are mindful of the power that words can have, power to help and heal but also the power to hurt and offend. Help us to think about what we say before we say them. Help us to consider the consequences of our words before we speak them and may we be aware of the feelings of others. May our community be a place of care and kind words. *Amen*

[Back to themes](#)

## 29.2 LIVING IT UP AND LOSING IT ALL

[Back to themes](#)

**Ask a pupil to recount the story from yesterday. Ask a pupil to read the part of Sam (non-bold Italics).**

*It only feels like yesterday since I left my family home to go and see the world. I rented one of the best apartments I could, enough room to have big parties. The room was on the top of a big apartment block, so we had great views right across the city. I threw some of the best parties, loads of food and drink. I had loads of friends, well that was until all the money ran out. I'd spent it all! It ran out quicker than I thought it would, I had nothing left. To make matters worse, a food shortage spread over the whole country. Food became so expensive that I had to sell most of my belongings just to be able to eat. So now, here I am, thrown out of my apartment with only the clothes on my back. I don't know what to do next.*

If Sam had known that his words were going to lead to this, I wonder if he would have said it at all. His words didn't buy an apartment, and his words didn't spend all his money, but they certainly started it all. Things we say sometimes have consequences that we can't even imagine. I'm sure while he was spending his money he found lots of people who lied by saying they wanted to be his friend, but they deserted him when he was left with nothing.

### Time to reflect

How did Sam's words lead to this?

What advice would you have given to Sam when people came around asking to be his friend?

### Prayer

*Dear God*

We are mindful of the power that words can have, power to help and heal but also the power to hurt and offend. Help us to think about what we say before we say them. Help us to consider the consequences of our words before we speak them and may we be aware of the feelings of others. May our community be a place of care and kind words. *Amen*

## 29.3 PONDERING THE PIG FOOD

[Back to themes](#)

**Ask a pupil to recount the story so far. Ask a pupil to read the part of Sam (non-bold Italics).**

*I have some good news and some bad news. The good news is I've found work. The bad news is I don't get paid till the end of the week, and I'm really hungry now. I'm feeding pigs and that pig slop looks really yummy. I can't believe I just said that. Well, my brother Josh would be happy if he knew what had happened. I bet he's sitting with mum and dad at the dinner table right now, being served his dinner. Even dad's servants have got more to eat than I have. That's it! I'm going to go back and say to dad that I'm not fit to be his son because I have wronged him and God, but could I be a servant in his home.*

Saying sorry and accepting an apology are two of the most difficult things you can do. A food shortage caused Sam to eventually come to his senses, and he realised that to make things better he needed to apologise to his dad. There was no guarantee that his father was going to accept his apology, but Sam decided to take responsibility for what he had said and done. Like the famine, sometimes it takes a big event to bring us to our senses. We have talked about the consequences of our words before we say them, but sometimes we say and do things that hurt and offend people. Saying sorry, and meaning it is a good way to try and start building a positive relationship again. (Imagine if people said sorry and accepted apologies in many of the TV soaps, they would be very short story lines indeed!)

### Time to reflect

How do you feel if someone says something horrible to you?  
Is there anything you need to say sorry to someone for?

### Prayer

*Dear God*

We are mindful of the power that words can have, power to help and heal but also the power to hurt and offend. Help us to think about what we say before we say them. May we be quick to say sorry when we have hurt or offended someone else and knowing that we all make mistakes, may we be quick to forgive others. *Amen*

## 29.4 A FORGIVING FATHER

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**Ask a pupil to recount the story so far. Ask a pupil to read the part of the Dad (non-bold Italics).**

*My wife will tell you that I've never stopped worrying about Samuel, but I think of it more like concern. Nearly every day since the day he left I have stood at our front door and watched the road going out of our village hoping that I'd see Samuel walking back home. Joshua would become very annoyed, and my wife thought I was wasting my time. But I knew he'd come back. When I saw him on the road, I ran to him and hugged him. He looked so upset, he said that as he'd wronged both God and me, he wanted to serve us like those who worked around our house. Instead, I called one of my servants, and I asked him to bring out the best robe and put it on Samuel. That night we had a feast and celebrated Samuel coming back home.*

How many of you expected that? What would you have done if you were Sam's dad? Would you have forgiven him or would you have sent him away? Yesterday we said that saying sorry and accepting an apology are two very difficult things to do. The father knew that forgiving the son was a really important part of having his family back together. Everybody makes mistakes, and an apology will only make things partly better, accepting the apology, forgiving someone and trusting that they mean it is an important skill we need to keep any community together, including families.

### Time to reflect

What words are used in an apology?

Why is sorry sometimes such a difficult word to say?

### Prayer

*Dear God*

We are mindful of the power that words can have, power to help and heal but also the power to hurt and offend. Help us to think about what we say before we say them. May we be quick to say sorry when we have hurt or offended someone else and may we be quick to forgive others, knowing that we all make mistakes. *Amen*

# 29.5 A JEALOUS JOSH

[Back to themes](#)

**Ask a pupil to recount the story so far. Ask a pupil to read the part of Josh (non-bold Italics).**

*It's just not fair, Sam thinks he can say whatever he likes. Sam thinks he can offend dad and then come back, say sorry and think that everything will be alright again. Dad not only forgave him but then put on a big party in his honour. Well, I didn't go. I sat outside frustrated. Dad came out to find out where I was. I said that I could have taken my half of the inheritance and lived it up in the city, but I decided to stay at home and help out around the home; dad had never thrown a party in my honour. Dad then said something that made me think. He said that Sam had been lost. Sam had asked for his inheritance and then left, and dad had been very very sad. So when Sam had come back it was as if our family had been made whole again, Sam was going to be safe at last.*

Word's featured a lot in this story. Samuel's words over the breakfast table began a chain of events that he and his family weren't expecting. Sam thought about the words he was going to use in his apology and dad had to carefully explain the reason he forgave Sam to his eldest son, Joshua. It's easy to say that Sam shouldn't have said what he had said in the first place, and it is really important to think about the consequences of what we say. We should also remember that we live and work in communities, and we all make mistakes. Being quick to say we are sorry, and also being able to forgive others when they say or do the wrong things is important for the members of any community to get along, including schools and families.

## Time to reflect

Think about how words were used in this story.

Why is it sometimes difficult to say sorry?

Why is it sometimes difficult to forgive?

## Prayer

*Dear God*

We are mindful of the power that words can have, power to help and heal but also the power to hurt and offend. Help us to think about what we say before we say them. May we be quick to say sorry when we have hurt or offended someone else and knowing that we all make mistakes may we be quick to forgive others. *Amen*

# 33.1 HATE SOMETHING, CHANGE SOMETHING

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***The advert mentioned in today's assembly is available on YouTube in a high definition version, around 1m 47s. Please preview any YouTube videos before showing them to pupils.***

***Possible image(s): UN Environment Day logo***

In 2004, Honda released an advert to promote a new line of diesel engines. The song began, "Can hate be good? Can hate be great? Can hate be something that we don't hate?" The advert went on to explain that Honda hated the way old diesel engines were noisy, rattly, dirty and smelly. The chorus stated: "hate something, change something, make something better." The advert is set in a lovely environment with trees, flowers, green hills, lakes, swans, deer and rainbows. At various points in the advert, different animals 'remove' or destroy old diesel engines. Finally, the new diesel engine is introduced and the animals welcome the new clean, less dirty diesel engine into their nice environment.

**(Watch the advert)**

It is a very clever advert. What is the advert suggesting we should hate? The advert suggested that Honda hated the old diesel engines so much that it motivated them to design and create a new one that was cleaner and quieter, one that was better for the environment. Can anyone define the word 'motivation'? Motivation is the reason for acting in a particular way. In this advert, Honda was motivated to change the diesel engine because of their hatred of the old engines.

Hatred is a very strong word, and we often say at school that we probably hate the word hate (See what I did there!). The word hate means an 'intense' or 'strong' dislike. A strong dislike of something can make us act in certain ways, for example, a strong dislike of spiders may result in screams, pointing and shouting, an extreme dislike of heights may cause your stomach to turn and you to hold onto anyone or anything around you. Would you eat foods that you strongly dislike? Honda suggests in this advert that hate can lead to change, a strong dislike of something can lead to something better.

The 5<sup>th</sup> June each year is the United Nations World Environment Day. A time when we are encouraged to think about what we can do to make the environment a better place. Do we dislike the idea of damaging our environment so much that we are prepared to do something about it? Honda suggests that hate is a great way of motivating and changing the way we act. Do you hate the litter on our streets or the mountains of food that are wasted daily, or the amount of clean wasted water when so many people around the world struggle to find clean water? If we don't like these

things, but can't be bothered to do anything about them, then maybe it's time that we start to hate something, change something and make something better.

### Time to reflect

Do you think that hate can help to motivate someone to do something good?  
What do you need to hate more to help our environment?

### Prayer

We are thankful for the range of emotions and feelings that help to motivate us and change things for the better. Help us all today to think of those things that we know we need to change and to find the motivation to make that change. *Amen*

## 33.2 DON'T DO NOTHING, DO SOMETHING

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***(Read the following quote and use the reflection questions to think about what it means)***

*"Nobody made a greater mistake than he who did nothing because he could do only a little." (Edmund Burke 1729-1797)*

### Time to reflect

Have you ever dropped litter because you thought it was only a small piece of rubbish and no one would ever notice?

What happens if everyone in the school dropped one piece of litter?

Have you ever thought about picking up one piece of litter?

What would happen if everyone in the school picked up one piece of litter?

Choosing to do something small is the beginning of something big.

### Prayer

*Dear God*

We know that if we don't do something then nothing changes. As we think about the environment this week, help us all to make small positive changes, knowing that together we can make a big difference. *Amen*

## 33.3 SMALL CHANGE, BIG DIFFERENCE

[Back to themes](#)

**Watch** <https://www.youtube.com/watch?v=87K3r6Lz8ik> (or search 'close the tap').

**Watch and/or discuss the meaning of the advert; the advert is explained below.**

The advert states that if we leave the tap running whilst we are cleaning our teeth, we can waste up to 10 litres of water. The advert also shows us how people use water around the world for washing, drinking and cleaning food as well as cleaning teeth. All the water that comes out of our taps has had to go through a process of cleaning that takes time, money and energy. It's important that we try to make the most of the water we have rather than letting it go straight down the drain unused. A small change when cleaning our teeth can make a big difference.

### Time to reflect

How many 2-litre pop bottles could you fill with 10 litres?

How many litres of water could be wasted if everyone in our class left the tap on when cleaning their teeth tomorrow?

### Prayer

*Dear God*

We know that if we don't do something then nothing changes. As we think about the environment this week, help us all to make small positive changes, knowing that together we can make a big difference. *Amen*

# 33.4 IT STARTS WITH ME

[Back to themes](#)

***(Read the following quote and use the reflection questions to think about what it means)***

“Be the change you want to see.”

## **Time to reflect**

What do you think the quote is trying to say?

Do you think you could influence others if you don't change the way you live first?

What sort of things could you or your class do to help the environment?

- Use less water
- Walk more – to school
- Recycle
- Reuse
- Compost
- Use energy saving light bulbs
- Get mum and dad to drive less (like to the local shop)
- Get mum and dad to drive slower – it saves fuel
- If you have to go in a car, can you share lifts?
- Turn off lights when you are not in the room
- Use a reusable container for drinks rather than buying a new bottle every day
- Use reusable straws and cups rather than throw away ones
- Use rechargeable batteries
- Take a quick shower, as baths generally take almost twice as much water

## **Prayer**

*Dear God*

We know that if we don't do something then nothing changes. As we think about the environment this week, help us all to make small positive changes, knowing that together we can make a big difference. *Amen*

# 33.5 SMALL BUT MIGHTY

[Back to themes](#)

Yesterday we looked at ten or more different ways that we can help the environment. How much of a difference would one person doing one of them make? How much difference would one person doing all them make? How much difference would our class doing all of them make? What about everyone in the school?

After the six days of creation, the Bible describes how God created a garden for Adam and Eve to live in. The Bible explains that God took Adam and placed him in this perfect garden 'to work it and take care of it.' Whether you believe that story or not, humans do have the ability to care for the world like no other creature on the earth. We humans are able to make a difference, whether we share the world's resources, use them wisely or whether we take care of them badly. We all share the responsibility for the future of this planet. This week we have heard that a small change is better than no change, and small changes can add up to become big changes, big enough to help a whole planet.

## **Time to reflect**

What changes have you decided to do this week?  
How can they make a big difference?

## **Prayer**

*Dear God*

We know that if we don't do something then nothing changes. As we think about the environment this week, help us all to make small positive changes, knowing that together we can make a big difference. *Amen*

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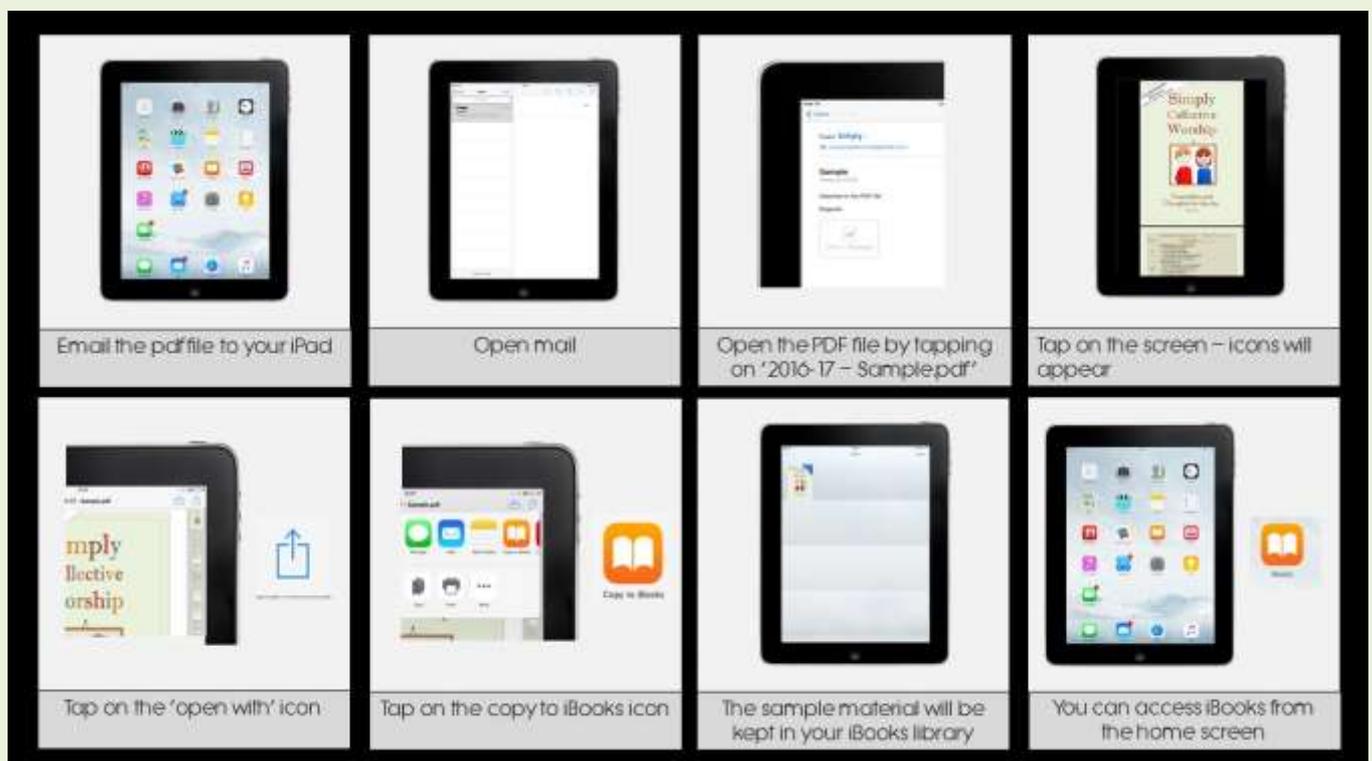
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