

Calverley CE Collective

Worship 22/6/20

Self -Belief

Aim :To understand what it means to believe in ourselves and have trust in our own abilities.

Our Bible quote

I can do all
things through
him who
strengthens me.

(Philippians
4.13)



What is self-belief?

- Confidence in yourself and your ability to do things successfully.
- Feeling like a winner.
- Feeling 'properly' successful.

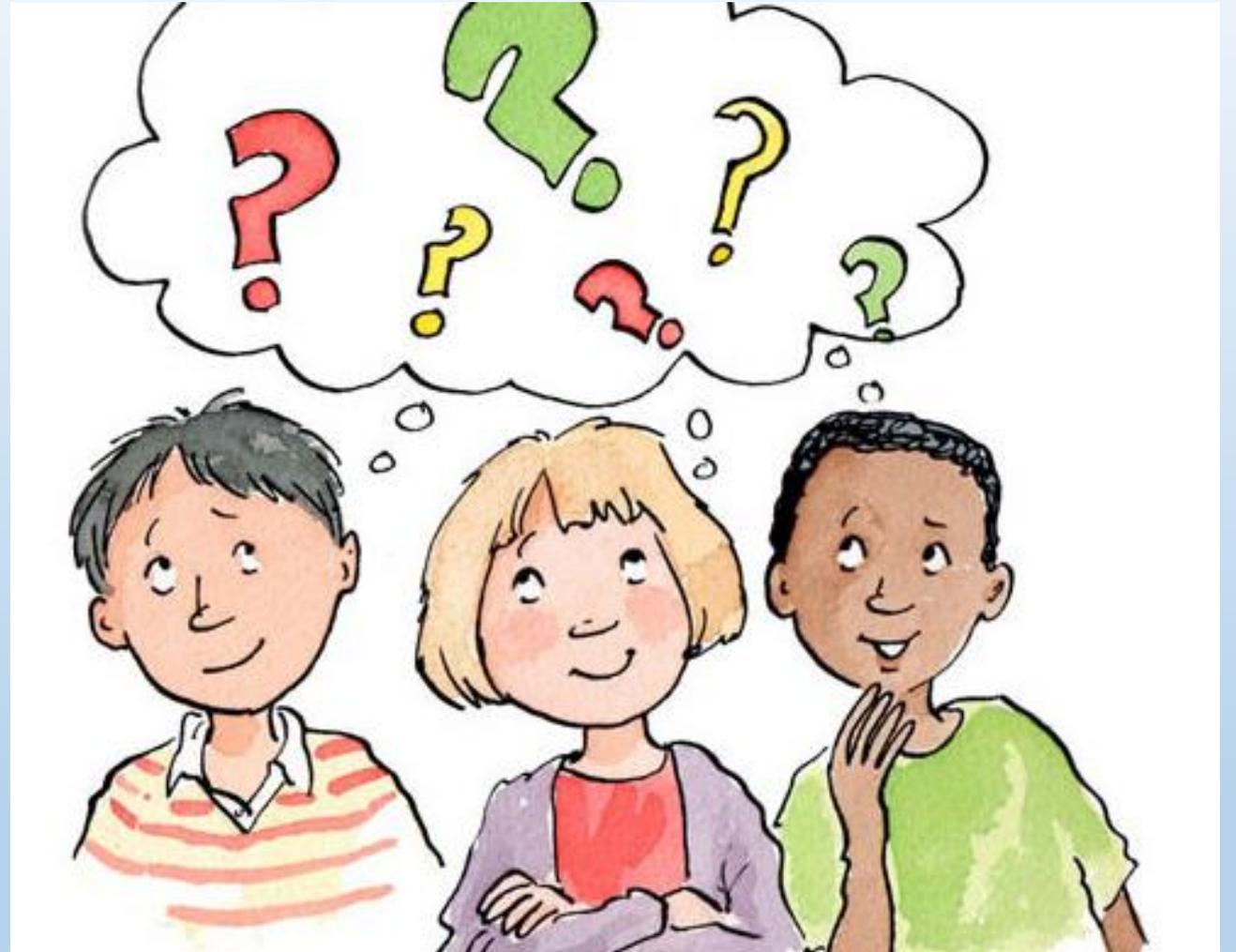


Three questions to think about.

How can we make a difference when we face difficult times?

What inner strengths can we draw on when the going gets tough?

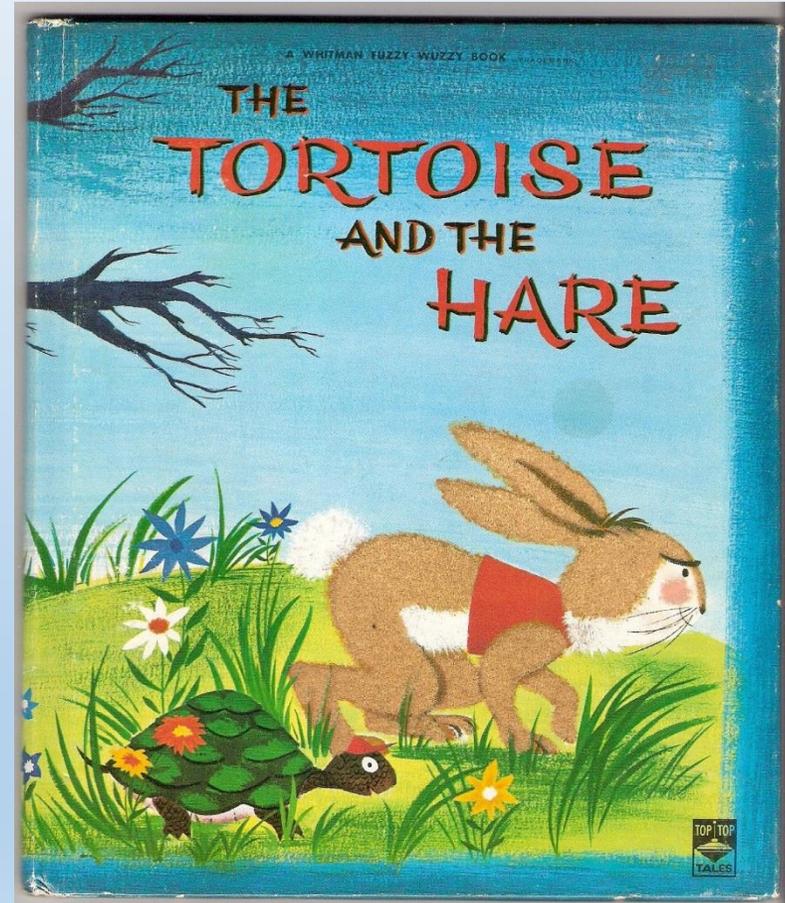
Who can help us?



Watch or read the story of The Hare and the Tortoise

[Click on the link below:](#)

<https://www.bbc.co.uk/programmes/p011syc1>



Read the questions and tell someone in your house what you think the answers are.

- 1. Why did the tortoise win the race- is he really faster than hare?**
- 2. What did tortoise do to make the most of his strengths?**
- 3. Can you think of a time when you were faced with something tricky and weren't sure how it would turn out, but you gave it your best shot and did the very best you could?**



What could the tortoise control in the story?

Tortoise could control:

- How he behaved.
- How he planned and practised for the race.
- How he tried his very best.

Tortoise could not control:

- How the hare behaved and what he said or did.
- He could not control the fact that hare had the natural ability to run much faster than him.

What might this mean for us?

- Sometimes things can happen that make us feel out of or control.**
- This can make us feel worried, anxious and helpless at times.**
- You may have felt like this sometimes over the last few months.**
- So it is important to remember there are lots of things we can control and thinking about this can help us feel much better.**

Reflection

Listen to the music

<https://www.youtube.com/watch?v=NG2zyeVRcbs>

The Climb by Miley Cyrus

Think about your skills and strengths as you listen to the music.

You may have discovered this skill or strength during the time of lockdown.

Are you:

- A fantastic friend,
- A champion at Joe Wickes PE.
- A fantastic big sister or brother,
- A super listener,
- A brilliant baker
- A great gardener,
- And so may others...?

Your challenge!

Draw or write down on a piece of paper or tell someone in your house or class what you CAN do really well.

Or you could:

Make a how to comic strip explaining your skill or strength to somebody else. For example, how to make a cake, plant and grow seeds or be the best big sister or brother in the world!

Prayer

Dear God,

We thank you for all the different skills and talents that you have given to us.

Help us always to make the best use of our skills and to be determined to think that we too can do good things.

Amen