

Acts of Worship

Virtue to Live By: Courage

I have courage. I am willing to try new things

Week 1

Gathering together

Focal point:

Bible, cross, candle etc

Green cloth (Ordinary Time)

Introduction

What is courage?

When do we need to show courage? Who can help us to have courage?

Word: Deuteronomy 31:6

In today's reading, we are reminded that Jesus wants us to have courage in our lives and he is always with us.

"Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you."

The Word of the Lord

Response to/Reflection on the Word

Courage is the best thing you can have when you are scared or unsure. There are times when we are not sure if we can do something. This can make us feel alone or worried. When we have courage we can do great things.

To have courage we need help from God and others.

Discuss with the children that without courage we would only do what was easy. No-one would try new things if they seemed hard. Everyone would do what everyone else is doing even if it was wrong.

Let us pray.

Dear Lord Jesus

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We ask you to be with us and help us to show courage in our lives. When we are afraid or worried make Yourself known to us and remind us that you will never leave us. Help us to be strong to do the good work You want us to do.

Amen

Going Forth

This week, have the courage to ask for help from God and others.

Ideas for music:

Do Not Be Afraid

Father I Place into Your Hands

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Week 2

Gathering together

Focal point:

Bible, cross, candle etc

Green cloth (Ordinary Time)

Show a collage of photographs of people showing courage.

Introduction

What does 'courage' mean? How can we show courage in our own lives at home and in school? When we do have courage what are we able to do? How does courage help us to make the right choices?

Word: 1 Corinthians 16:13

"Be on your guard; stand firm in the faith; be courageous; be strong."

Response to/Reflection on the Word

St Paul's message is very clear that having faith in God enables us to show courage. Courage helps us to make the right choices even when it is difficult.

Give the children some scenarios of where courage would be needed in school life. Discuss what would happen if courage was not used.

Ask the children to think about a time when they didn't have the courage to make the right choice.

What happened? How did you react? Would you do something different now?

Let us pray

Dear Lord Jesus

Help us to show courage in our own lives and in the life of our school.

Help us to make the right choice for ourselves and others.

Amen

Going Forth

Think of something that will require courage for us to make the right choice.

Make this your goal for the next few days.

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Ideas for music:

Do Not Be Afraid

Father I Place into Your Hands

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Week 3

Gathering together

Focal point:

Focal point: Bible, cross, candle etc

Green cloth (Ordinary Time)

Introduction

Think of the Virtue of Courage and how it helps us in our daily lives. One of the things we can often be afraid of is to fail when we try something new. Think of a mistake you made and how you felt. How would this be different if you showed courage and trust in God?

Word: Isaiah 41:10

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."

Response to/Reflection on the Word

Trying something new can always be difficult and cause us to worry. When we show courage we know that it is okay to make mistakes and we can use our experiences to help us next time.

Let us pray

Dear Lord Jesus

Give us the courage to know that it is okay to make mistakes. Fill us with your strength to know that you are always there to guide and help us.

Amen

Going Forth

Have the courage this week to try something new even if it is difficult for you. Maybe you could volunteer for something in class? Or challenge yourself more in lessons? Stand up for what you know is right even if your friends don't.

Ideas for music:

Father I Place into your Hands

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I Will be with You

The Lord is My Shepherd

Walk with me O My Lord