

Lighting of the Candle

Peace of the Lord be with you



And also with you

Welcome Words

We light three candles in the name of:

God the Father, the Son and the Holy Spirit to worship together and think about our value **Perseverance**.



Let us run with perseverance the race that lies before us. Let us keep our eyes fixed on Jesus, on whom our faith depends from beginning to end



HEBREWS 12.1-2



Indeed, those who patiently persevere will truly receive a reward without measure

Quran 39:10



Perseverance is....

Pressing on

Eager to continue

Running the race

Sticking with things

Encouraging each other to keep going

Valuing the support of others

Eyes fixed on the target

Reaching a goal over time

Aiming to complete the task

Not giving up

Commitment to keep going

Ending up where you want to be



Endurance

Goal

Resolute

Determination

Persist

Intent

Steadfast

Unshakable

Dogged

Ron Hill, a true innovator and legend of running

Nothing came easy to Ron Hill, but that didn't stop him from chasing his dreams. From world records and gold medals to unusual race nutrition and innovative kit design – he knew how to make a plan and grind out a result. We celebrate a true legend and one of Britain's most decorated, respected and downright dogged athletes.







GETTY IMAGES



Time to Reflect



FOR I KNOW THE PLANS
I HAVE FOR YOU,
declares the Lord,
PLANS TO PROSPER YOU
AND NOT TO HARM YOU,
PLANS TO GIVE YOU

hope AND A
future
JEREMIAH 29:11

'I can do all things through Him who strengthens me' Philippians 4:13

What makes people like Ron Hill a true legend?

Who is your sporting hero? What does perseverance mean to them?

How can they inspire us to persevere and to be the best that we can be?



The Perseverance Prayer

Lord,

When I set myself a challenge to achieve something new

Response: **Help me to persevere.**

When it's hard and I feel like giving up

Response: **Help me to persevere.**

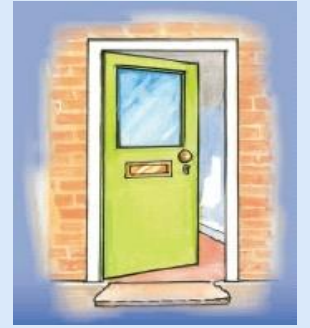
When I am challenged by others

Response: **Help me to persevere.**

All: Amen



Response & Challenge



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Have you got what it takes to be a legend?

As part of Fun, Friends and Fitness week, complete a daily run and see if you can achieve your personal best.

Can you find some inspiring examples of Perseverance?



Blowing out the Candle

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And also with you