

## REFLECTION IDEAS

### Keep Going – Perseverance Luke chapter 5 verses 1 to 11

This GenR8 Connect looks at perseverance. We all face tough moments in our lives when, for one reason or another, things are not going well. In these times we can choose to stop, to give up; but we can also choose to continue, to persevere, to keep going. Christians believe that God can be with us through the ups and downs of life and can give us the strength and resilience to persevere.

The Bible story looks at an occasion when Jesus encourages his friends not to give up, but to give something that hasn't been working another try.

#### Reflection

- Have there been times when you have felt like giving up?
- What or who has encouraged you to keep going in tough times over this past year?
- Can you encourage someone else to persevere, to keep going?

#### Links

In the Connect video, Steve tells the story of how Derek Redmond kept going at the 1988 Olympic Games. You can watch a video of this here: <https://youtu.be/t2G8KVzTfw>

A child-friendly version of the bible story can be found here:  
<https://youtu.be/8WCCaSDZonY>

Please check that it is suitable for your group.

### Inspire Prayer Space Activity – Overcoming Hurdles

**inspire**  
prayer spaces

#### Equipment

Hurdles (alternatively, create a frame that is the correct height using string, pegs, card, a table etc.)

#### Description

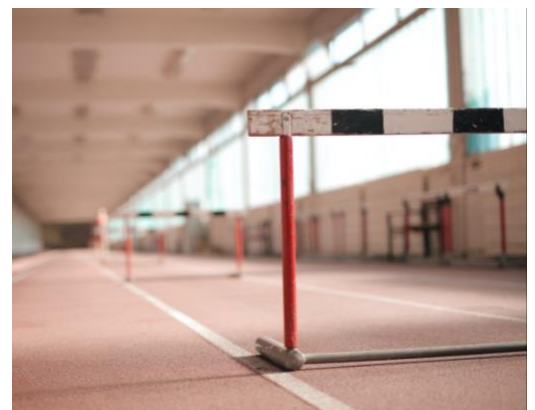
Olympic hurdles are 106.7cm high for men, and 83.8cm high for women - do you think you could jump over one of these? What about jumping over one at the same time as running?

Athletes need to practice their technique over and over and over again, persevering until they achieve success.

#### Instructions

Think for a moment. What hurdles are you having to jump over at the moment? It could be about friendships or family, learning something new or a challenge in another area of your life.

Overcoming the hurdle will probably require lots of perseverance and determination! It might not be easy and may take many attempts. You may want to spend some time thinking about this. You might want to pray to ask for God's help when you are persevering.



See below for activity sheet

## Keep Going

Luke chapter 5 verses 1 to 11

### Percy Vere Wordsearch

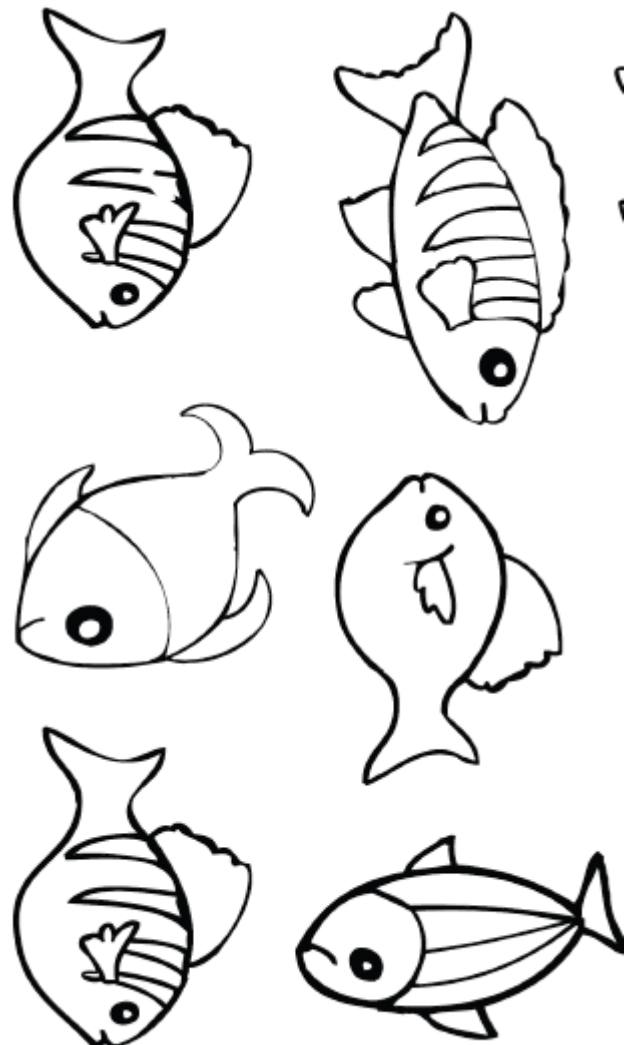
Find these words and phrases that mean to keep going. There is no gap between words that make up a phrase in the wordsearch.

ANOTHER	CARRY ON
CONTINUE	KEEP GOING
ONCE MORE	PERSEVERE
STICK WITH IT	TRY AGAIN

A	D	D	C	B	B	N	R	Q	S
Q	N	T	E	A	F	I	W	G	T
Y	L	O	B	K	U	A	A	N	I
M	O	T	T	F	C	G	A	I	C
M	L	N	P	H	Y	A	V	O	K
O	O	X	C	W	E	Y	E	G	W
E	R	E	V	E	S	R	E	P	I
J	V	K	N	D	M	T	Z	E	T
E	U	N	I	T	N	O	C	E	H
N	O	Y	R	R	A	C	R	K	I
X	U	O	E	F	Y	P	V	E	T

### The miraculous catch of fish – colouring and craft

1. Print the picture of Jesus and his friends in the boat, on the next page, for colouring in.
2. Make some multi-coloured fish to stick on to the coloured picture – you can print out and colour the ones on this page if you like.
3. Stick some yarn or string over the fish in a criss-cross pattern to make a net, as in the picture below.





Jesus said to Simon, "Push the boat out further to the deep water, and you and your partners let down your nets for a catch."

"Master," Simon answered, "we worked hard all night long and caught nothing. But if you say so, I will let down the nets." They let them down and caught such a large number of fish that the nets were about to break.