

REFLECTION IDEAS – INSPIRATION

It's good to have people that inspire us, people we look up to. They may be well known people or people we know like parents, teachers, or a friend. When we have people who inspire us, they can motivate, encourage, and influence our lives in a positive way. They can give our lives hope and direction. But as well as being inspired by others, we have the opportunity to be an inspiration to the people around us.

For many people, Jesus is their inspiration, the person whose words and actions give purpose and direction to their lives. The person who inspires them to inspire other people.

Interestingly the word inspire comes from the Latin *inspirare* 'breathe or blow into' – the word was originally used of a divine or supernatural being, in the sense 'impart a truth or idea to someone'.

Key verses

Jesus said "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life." *John chapter 8 verse 12*

'You must be kind to each other. Think of the other person.' *Ephesians chapter 4 verse 32a*

Reflection

Can you think of someone who you would like to be more like – who inspires you?

Think about why some Christians use WWJD – What Would Jesus Do – to help and inspire them; you might consider Jesus' life story, his teachings, his miracles and his death and resurrection in this reflection.

Links

A short video about Jesus as light of world:

<https://youtu.be/SW2vtrcNGVM?list=PLvk5fboUt6LTUQ0NwAWYLWRVvYER9F8WPL>

A short film of Nick Vujicic, who was mentioned in the video: <https://youtu.be/zOzsjEmjHs>

Steve quoted Mother Theresa in the video. This news clip is about her:

<https://www.bbc.co.uk/newsround/50075153>

Please check if these are suitable for your group before using.

Inspire Prayer Space Activity – Our Heroes

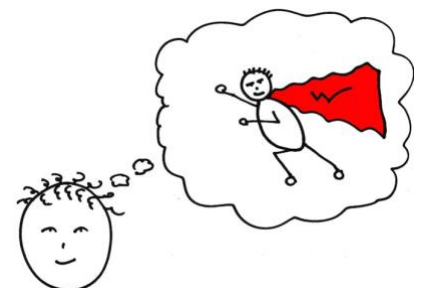
Description

Christians believe that God is our protector, our inspiration and our guide.

We can go to him for everything we need and he will keep us safe.

Who is your inspiration? Who do you go to for what you need?

inspire
prayer spaces



Instructions

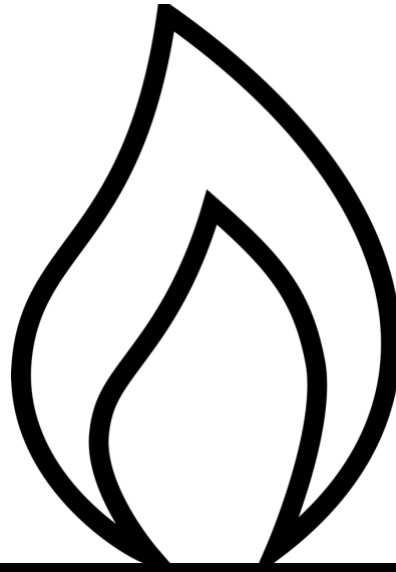
Make a banner with the words 'My heroes'. Decorate it with the names of the people you have thought about. You could also decorate it with pictures, sparkles and glitter to make it bright and colourful! As you do this, you could say thank you for these people and pray for God to protect them.

See below for activity sheets

Adapted from a Prayer Spaces in Schools resource

Inspiration Wordsearch

Find the words which are all qualities of a person who we might look up to or inspire us – which do you think are the three most important qualities?



brave
caring
friendly
gentle
hardworking
helpful
honest
kind
loving
nice
patient
peaceful
persevering
reliable
wise

p	i	g	h	g	c	h	c	l	n	l	f
a	o	r	e	l	i	a	b	l	e	o	r
t	j	n	l	n	c	y	r	i	h	v	i
i	d	g	p	z	t	z	a	i	o	i	e
e	e	n	f	n	n	l	v	i	n	n	n
n	e	t	u	m	e	g	e	l	e	g	d
t	a	d	l	g	w	c	n	l	s	l	l
g	n	y	e	k	i	n	d	r	t	e	y
n	p	f	y	n	s	e	n	d	f	y	c
l	p	e	a	c	e	f	u	l	a	d	k
p	e	r	s	e	v	e	r	i	n	g	n
h	a	r	d	w	o	r	k	i	n	g	l

Unscramble the words to find a quote from Jesus

d a i s g l i t h l d r o w
Jesus _____ "I am the _____ of the _____.

w o f l o s l k l a w
Whoever _____ me will never _____ in

k n e d r a s s e h a v f e l i
_____ but will _____ the light of _____."

John chapter 8 verse 12

Stained Glass Kites

Make a stained glass kite as in the picture – some instructions can be found here or you can use your own method: [Colorful Stained Glass Kites Window Display - Make and Takes](#)

Talk to the children about the concept of inspiration, that can be represented by both the light and the wind. The light shines through the colours, bringing them to life and giving them meaning, just as Christians believe that Jesus does for them. The wind inspires the kite to fly, taking it to different places. The children might like to put the name of the people or things that inspire them on the tail.





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he who follows me will not walk in
darkness, but will have the light of life."