

## Overcoming Challenges: PSHE/RE Lesson

Appropriate for Years 7-9

**Learning Objective:** Explore how Christians respond to challenges they face and reflect on how I respond to difficult situations in my life.

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| <b>Introduction</b> | Discussion                                 | <p><i>This lesson has been provided by Sutton Schoolswork. Sutton Schoolswork is a Christian charity which works in lots of schools in the borough of Sutton. This lesson will share a Christian perspective but also give you space to reflect on how you respond to difficult situations that you might come across- regardless of whether you have a Christian faith, another faith or none.</i></p> <p>To start, why not think about what challenges you are currently facing? Write down your answers or just talk to people around you and discuss your answers.</p>  |
| <b>Activity 1</b>   | <div>Activity</div> <div>Explanation</div> | <p>Make the tallest tower you can out of things you've got at home.</p> <ol style="list-style-type: none"> <li>1) What materials did you use and why? Is the tower sturdy- why or why not?</li> <li>2) If we asked you to make the strongest tower would it look the same or different to the one you've built?</li> </ol> <p>We asked you to make these towers because sometimes it can feel like this with challenges that life throws at us. To build a strong tower it's important that the builders put in strong foundations. If, like the tower Pisa, there are not strong foundations the building might sink, tilt or even fall over. In our lives if we don't have strong foundations it means that when difficult situations come up we might struggle a</p> |

## Discussion

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## Activity 1

## Activity


Make the tallest tower you can out of things you've got at home.

- 1) What materials did you use and why? Is the tower sturdy- why or why not?
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### Explanation

We asked you to make these towers because sometimes it can feel like this with challenges that life throws at us. To build a strong tower it's important that the builders put in strong foundations. If, like the tower Pisa, there are not strong foundations the building might sink, tilt or even fall over. In our lives if we don't have strong foundations it means that when difficult situations come up we might struggle a

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|                    |                                 | <p>bit more. If we don't prepare ourselves and stand strong - sometimes we can fall down, but if we build up our resilience and strength we can get through these times.</p>  <p>(Leaning Tower of Pisa)</p>  |
| <b>Bible Story</b> | <p>Video</p> <p>Explanation</p> | <p>There are lots of accounts in the Bible where people show bravery, strength and courage!</p> <p>David &amp; Goliath Story: <a href="https://www.youtube.com/watch?v=FXziyY2VcKk">https://www.youtube.com/watch?v=FXziyY2VcKk</a></p> <p>Watch Video</p> <p>If you prefer - read 1 Samuel 17 from the Bible which is accessible online at: <a href="https://www.biblegateway.com/passage/?search=1+Samuel+17&amp;version=NIV">https://www.biblegateway.com/passage/?search=1+Samuel+17&amp;version=NIV</a></p> <p>To sum up:<br/>David was a shepherd boy who lived in Israel. He took care of sheep. God chose David to take care of the Jewish people.</p> <p>One day a terrible giant named Goliath started bragging to his soldier friends that none of the Jews would dare to fight him. And he was right. The Jewish soldiers were all afraid of big Goliath. What would happen to the Jewish people?</p> |

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|                                    |                                   | <p>Then little David said: "I'll fight Goliath. God will help me." And he went and got some stones for his slingshot.</p> <p>The giant just laughed at him. David put a stone in his sling and flung it. The stone hit big Goliath on the head. Then David killed him with his sword. All of Goliath's friends ran away. The little shepherd boy had saved the Jewish people!</p>   |
| <b>What do Christians Believe?</b> | <p>Picture</p> <p>Explanation</p> | <div data-bbox="793 500 1493 1166"> <p>David had no armor, no experience, no equipment, he was not battle tested, nor was he trained. But one thing he had that Goliath also had was confidence but the huge difference was his confidence was in His God and not in his own strength.</p> </div> <p>So it's clear that David wasn't a 9 foot giant, he didn't have the skills that Goliath had, but he had something that was so much more powerful than all of those things - and that is God! God assured David that he was going to be by his side, and won't ever leave him - that's what helped David get through the fight, and win the battle. He had the victory because God helped him. That's what Christians believe with the challenges that we face - the Bible is absolutely packed full of encouragement,</p> |

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|                   |          | reminding us that God is always by our side, and he can help us overcome the struggles that we have. God is our strong foundation, who we can lean on for support, in bad times and the good!   |
| <b>Reflection</b> | Reflect  | <p>Christians can respond to difficult situations they face by spending time with God and asking for His help.</p> <p>When you face times in your life that are difficult who can you ask for help from or speak to?</p> <p>Have there been situations in your life where you have asked for help and been given help? How did this make you feel?</p> <p><b>If there is a situation that seems impossible in your life why not talk to someone you trust- whether that's a friend or a family member or a teacher- right now.</b></p> <p>There's a saying that goes 'a problem shared is a problem halved'. This basically says that when we have an issue often when we share it with a close friend or a trusted adult, the problem can seem smaller or we might even come up with a solution to it.</p> |
| <b>Activity 2</b> | Activity | <p>1) Draw 2 circles (one bigger one and a smaller one inside the big circle), and write down all of things that you CAN control in the small circle, it can be anything at all - maybe it'll be what you're eating for breakfast, how much sleep you get, how long you spend on your phone/social media everyday.</p> <p>2) Then write down all of the things you CAN'T control - (in the outer circle) so this is where the challenges you feel will come in, perhaps think back to the David &amp; Goliath story - what 'Goliaths' do you face?</p> <p>Seeing these written down can help us to visually see what things we can/can't control. So that hopefully we can concentrate on the things that</p>   |

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|                   |         | <p>- If you wanted to you could write about the Coronavirus pandemic - how that's made you feel, that it's out of our control, as well as any other things that happen in our lives that might be out of our control.</p>   |
|                   | Summary | <p>There are lots of challenges we might face in our lives- some things that we can control and some things that are outside our control.</p> <p>When we have things in our lives we can control, it's good to think about how we can respond positively to them. But when it comes to situations that we can't control sometimes we can feel quite powerless but it's good to think about who we can talk to and who can support us. Even when situations we face might seem impossible, it's still really important to share them with those that we trust. This is a really good way to build a strong foundation like we talked about earlier.</p> |
| <b>Conclusion</b> | Explain | <p>Throughout this lesson, we have looked at how we deal with challenges. Both from a Christian/faitb based perspective and giving you the opportunity to think about that for yourself, who supports you in difficult times? We hope this lesson has been helpful to you in some way. Please remember, it's <b>SO</b> important to talk to people when you're</p>   |

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|  |  | <p>having a tough time. Don't bottle it up, speak to someone you trust.</p> <p>If you feel that you don't have people around you to support you, there are so many charities that are there to listen, talk and support you.</p> <p>See Childline's details below:<br/><a href="https://www.childline.org.uk/get-support/">https://www.childline.org.uk/get-support/</a></p> |
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