



Collective Worship

Week Commencing: Monday 12th October 2026

Core Value: Perseverance

Theme: Running the Race

Perseverance Against Adversity

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Courage in every step, Faith in every journey.



AN OPENING PRAYER

Heavenly Father,

As we begin this week, help us to run our race with courage, determination and hope. When we face challenges or injustice, give us the strength to persevere and the wisdom to do what is right.

Remind us that, even when the journey is difficult, we are never alone.

May we inspire and encourage one another to keep going.

In Jesus' name,

Amen.

COURAGE IN EVERY STEP, FAITH IN EVERY JOURNEY

RUNNING THE RACE: PERSEVERANCE AGAINST ADVERSITY

Day 1 – What Does Perseverance Mean?

We all face moments when life feels difficult. Sometimes we face setbacks, failure, unfair treatment, prejudice or situations that seem beyond our control.

Perseverance means **continuing to move forward even when things are difficult.**

It doesn't mean that we never struggle or feel discouraged. It means we don't allow the struggle to have the final word.

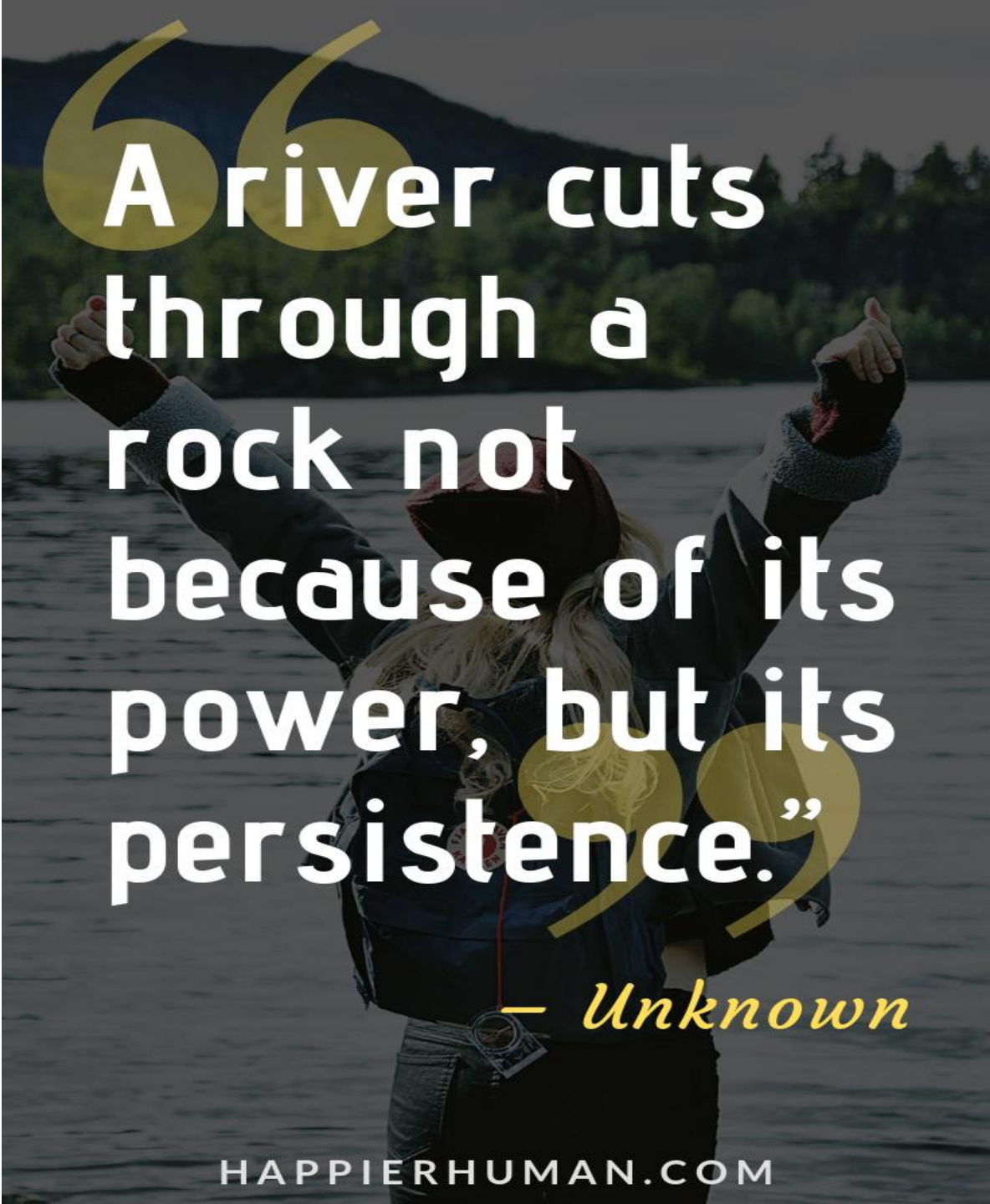
Throughout history, many people have faced prejudice and injustice but continued to stand up for what was right. What sustained them might have been their faith, their family, their beliefs, their hope or simply the conviction that things could be better.

Think about:

- What helps you keep going when life gets difficult?
- Who encourages you when you want to give up?
- Is there something worth persevering for, even when it is hard?

Challenge for today:

Perseverance isn't about never falling; it's about choosing to get back up and keep running.



A river cuts through a rock not because of its power, but its persistence.”

– *Unknown*



Day 2 – The Bible: Daniel – Standing Firm Under Pressure

Bible Story – Daniel 6

Daniel was a man who faced prejudice and opposition because of his faith. Some people were jealous of Daniel and tried to find a reason to bring him down. They eventually created a law that would make it illegal for Daniel to pray to God.

Daniel knew the consequences, but he continued to pray. He was thrown into a den of lions, but God protected him.

What sustained Daniel?

Daniel's **faith, courage and commitment to what he believed was right.**

He didn't allow fear or pressure from others to change his values.

Think about:

Have you ever felt pressured to go along with something you knew was wrong?

What gives you courage to stand up for what is right?

How can we support someone who is being treated unfairly?

Challenge for today:

Perseverance sometimes means standing firm when everyone else is telling you to give in.

Day 3 – Stephen Lawrence: Persevering for Justice

Stephen Lawrence was a Black British teenager who was murdered in a racist attack in London in 1993. He was just 18 years old. For many years, his family campaigned for justice. Despite the pain of losing their son and the setbacks they faced, his parents, **Doreen and Neville Lawrence**, refused to give up. Their perseverance helped bring attention to institutional racism and contributed to major changes in policing and the way racist crime was understood and investigated in Britain.

What sustained them?

Their **love for Stephen, determination for justice, and belief that change was possible.**

They could not change what had happened to their son, but they refused to allow his death to be forgotten.

Think about:

- Where can people find strength when they experience injustice?
- Why is it important not to give up when change takes a long time?
- How can we make sure that prejudice and injustice are challenged today?

Think about this:

Perseverance can keep hope alive and help create change, even when the journey is long and painful.

Closing thought for today:

We may not be able to change everything we face, but we can choose how we respond.

Sometimes running the race means continuing to stand for what is right, even when the finish line seems a long way away.



“

One who gains strength by
overcoming obstacles
possesses the only strength
which can overcome
adversity.

ALBERT SCHWEITZER

GRACIOUSQUOTES.COM



COURAGE IN EVERY STEP, FAITH IN EVERY JOURNEY

RUNNING THE RACE

Day 4 – Keep Running the Race

Scripture Soundbite – Hebrews 12:1(New Testament)

“Let us run with perseverance the race marked out for us.” Hebrews 12:1

Imagine running a race while carrying a heavy backpack. Every step becomes harder. Hebrews encourages us to **“throw off everything that hinders us”** and keep running the race.

Sometimes the things that hold us back are fear, disappointment, comparison, anger or the belief that we aren't good enough. The people we have thought about this week faced enormous obstacles. Yet they kept moving forward.

The question isn't: “Will life ever be difficult? It will. The question is: **“What will help me keep running when it is?”**

Your race will be different from someone else's. Your journey will have different challenges. But you don't have to run it alone.

Challenge for today:

Think of one thing that is holding you back and one thing that could help you keep moving forward.

Sound Bite

“Don't give up. Keep running. Your race is worth finishing.”

COURAGE IN EVERY STEP, FAITH IN EVERY JOURNEY

Heavenly Father,
Thank you for reminding us that life is a
race that requires courage, perseverance
and faith.
When we face adversity, help us to keep
going, to stand up for what is right, and to
encourage others along the way.
Give us strength when we feel weary and
hope when the journey feels difficult.
May we never give up, knowing that we do
not run alone.
In Jesus' name, Amen.

