



# Collective Worship

Week Commencing: Monday 11<sup>th</sup> May 2026

## Core Value: Courage

Day 1	Day 2	Day 3	Day 4
Slides 2-4	Slides 5-6	Slides 7-10	Slides 11-14

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**Courage in every step, Faith in every journey.**

# Opening Reflection

Let us pause, breathe, and  
take a moment to reflect.

Heavenly Father,

Help us to be brave when things  
feel difficult, to stand up for what  
is right, and to trust that we are  
never alone. Give us courage to  
face challenges with kindness,  
honesty, and hope. May we  
encourage one another and grow  
stronger together each day.

This we ask this in Jesus name

Amen



# This Week's Theme: Courage

**Courage** as a core value means choosing to do what is right, good, or necessary even when it feels difficult, frightening, or uncertain. It is not about never being afraid, it is about facing challenges with strength, honesty, and determination despite fear.

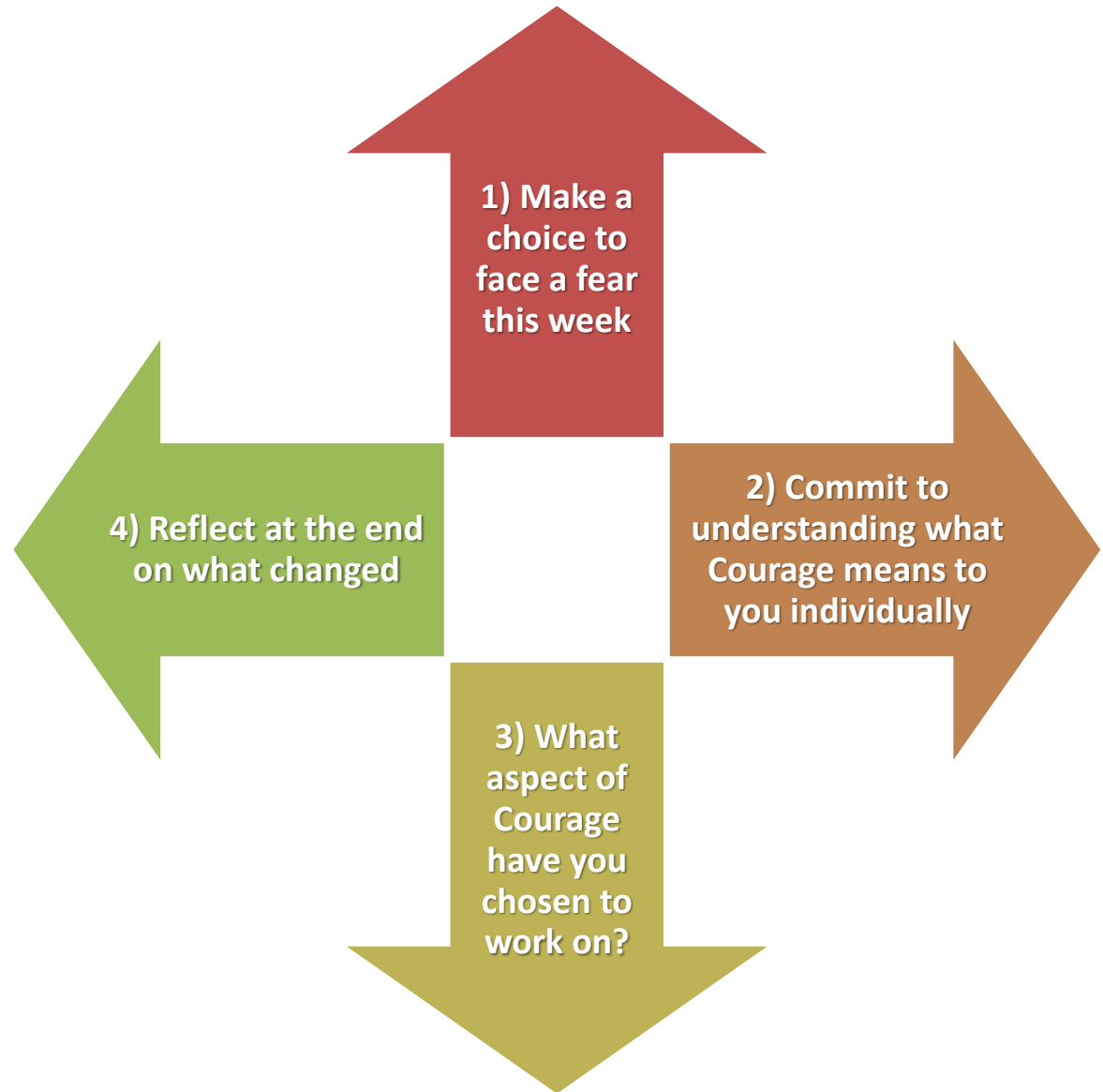
Life gives us challenges. **Courage** builds character and helps us become the people we are meant to be.

Reflect on the image below. What does it say to us?





## This Week's Challenge



# A Story of Courage



One night, Jesus' disciples were crossing the lake in a boat while Jesus stayed behind to pray. As the night went on, a strong wind blew and the waves became rough. The disciples were frightened as they struggled against the storm.

Early in the morning, they saw someone walking towards them on the water. Terrified, they thought it was a ghost. But Jesus spoke to them and said, "Take courage! **It is I. Don't be afraid.**"

Peter answered, "Lord, if it is really you, tell me to come to you on the water."

Jesus said, "Come."

Peter climbed out of the boat and began walking on the water towards Jesus. But when he noticed the wind and waves around him, he became afraid and started to sink. He cried out, "Lord, save me!"

Immediately, Jesus reached out His hand and caught Peter. Jesus said, "You of little faith, why did you doubt?"

When they climbed into the boat, the wind died down. The disciples were amazed and worshipped Jesus, saying, "Truly you are the Son of God."

# A Story of Courage

The story of Peter walking on the water teaches us that **courage** means trusting and stepping forward even when we feel afraid.

We can learn that:

- **Courage** often begins with taking the first step, like Peter getting out of the boat
- Being brave does not mean never feeling fear. Peter was **courageous** even though he was frightened
- When we focus too much on problems and worries, we can lose confidence
- **Courage** grows when we trust God and believe we are supported
- Everyone struggles sometimes, but asking for help is also a sign of **courage**

The story reminds us that **courage** is not about being perfect. It is about trying, trusting, and getting back up when things become difficult.

## What can we learn?

# Reflection Questions

Take some time to answer some of the questions opposite



- When have you had to be courageous like Peter?
- What “storms” or challenges do young people face today?
- Why do you think Peter became afraid after stepping out of the boat?
- What helps you stay brave when you feel nervous or uncertain?
- Have you ever let fear stop you from trying something new?
- Who supports you when life feels difficult or overwhelming?
- What does this story teach us about trust and faith?
- How can courage help us make good choices at school and in life?
- What is one small step of courage you could take this week?

# A Story of Courage



**Michael Phelps** is often remembered for winning 28 Olympic medals, but one of the most important parts of his story is what happened away from the pool.

From childhood, Phelps struggled with attention and emotional regulation. He was diagnosed with ADHD as a child, and swimming became an outlet where he could focus his energy and feel in control. As his career exploded, the pressure also grew — constant competition, public expectations, isolation, and the feeling that his value depended entirely on winning.

After the 2012 Summer Olympics, Phelps fell into a severe depression. He later described periods where he shut himself away for days, drank heavily, and felt completely lost once the structure of elite competition disappeared. Following legal troubles and personal crises in 2014, he admitted he had experienced suicidal thoughts and believed he “didn’t want to be alive anymore.”

What made his story powerful was not just his recovery, but his decision to speak publicly about it.

Phelps began therapy and entered treatment, something many elite athletes — especially men in high-performance sports — had often avoided discussing openly. He later said asking for help was one of the hardest and strongest things he had ever done. Instead of hiding his struggles, he started advocating for mental health awareness, encouraging athletes and ordinary people alike to talk honestly about depression, anxiety, and emotional pain.

His story changed public conversations because it challenged a common myth: that success, fame, or achievement doesn't automatically protect someone from mental illness.



## **What this Teaches us About Courage and Mental Health:**

- Michael Phelps showed that courage means asking for help when you are struggling.
- Even successful people can face mental health challenges like depression and anxiety.
- Talking openly about problems can help reduce social shame and encourage others to seek support.
- True strength is being honest about your feelings, not hiding them.
- Perseverance and support from others can help people recover and grow stronger.
- Mental health is just as important as physical health.

# Courage:

## Reflection Time

### Take a quiet moment.

Think about the areas of your life where you need courage?

### Now pause and reflect:

Courage is not about never being afraid — it is about facing challenges, speaking honestly, and asking for help when you need it

### Consider:

How can I help others in their courage walk?

### Take one breath:

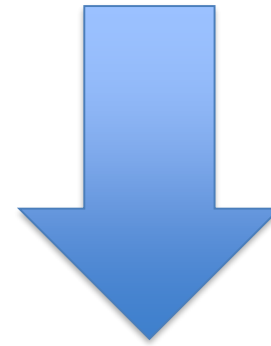
Just like Peter in the Bible story, what is one small action you can take today to overcome fear?



**Mental Health Awareness  
Week 11<sup>th</sup> – 17<sup>th</sup> May 2026**



# Check This Out



<https://www.mentalhealth.org.uk/>

# Scripture Soundbites

## Psalm 34 verse 18

The LORD is close to the broken hearted,  
and he saves those whose spirits have been crushed.



What does “being close to the broken hearted” look like in everyday school life?

The verse mentions “those whose spirits have been crushed.” What do you think this means and do we notice this crushing in us and those around us?

Think about moments when you can support those around you. How can you apply this to your learning, friendships, or personal goals?

## 1 Peter 5:7

<sup>7</sup> Give all your worries and cares to God, for he cares about you.

# Courage Challenge



What  
This  
Means  
for Us



This week, try one small act of courage:

- Speak kindly to someone who seems lonely.
- Ask for help if you are struggling with something.
- Encourage a friend who is having a hard time.
- Try something new even if it feels difficult.
- Share your feelings honestly with someone you trust.

