



Kingsland CE Primary School

Let your light shine

“Let your light shine before others that they may see your good deeds and glorify your Father in heaven.”
(Matthew 5:16)



Giving children strong roots to stand tall.

This half term's Christian value is:

RESILIENCE

Educating for Community and
Living Well Together



A prayer for RESILIENCE

Dear God, Grant me resilience that is rooted in truth, wisdom, and the strength that comes from You. When adversity comes, help me to adapt, to overcome, and to trust that You are guiding me with resilience even through the shadows. Amen

Christian Value Family Reflection

Welcome to our Christian Value Family Reflection which offers some suggestions, thoughts and ways into exploring and reflecting on the value of this half term: **RESILIENCE**

A reflection on RESILIENCE by Mrs Helen Webb, Chair of Governors:

When I was seven years old my mum gave me an illustrated story book called 'The Pilgrims Progress', by John Bunyan. It was a children's version of a famous story. It had exciting pictures of a man fighting dragons, climbing mountains, struggling across a marsh, and trying to find his way out of a maze.

The story begins with a man called Christian whose hometown is going to be destroyed, so he packs a rucksack and sets out on a quest to the Celestial city. During his journey, he finds himself sinking in a bog, fighting demons, and lost in a labyrinth. He comes to a place called Vanity Fair where everything is exciting and full of fun; he is tempted to stay there and not continue with his quest. Sometimes his rucksack is very heavy, and sometimes it is light and he hardly notices it. Sometimes he wants to give up but he keeps on going despite all the hardships he encounters.

I am not going to give you too many spoilers and tell you the ending, but it is a story for everyone, adults and children. It is allegorical, it has hidden meanings - it is clever ... it is about all the things we try to do as Christians, but also about problems that we face too, about struggles and fears but also about friendship, help and kindness. It is also about resilience; Christian's resilience to finish his quest.

Resilience is not just about bouncing back from challenges or turning the other cheek if someone is hurtful or unkind. It is not about pretending that everything is fine and ignoring problems. Resilience is about the ability to adapt positively in the face of adversity, overcoming trials, and setbacks, trusting in God, having hope, faith and wisdom, and staying strong in difficult times. Some people consider it as bouncing FORWARDS rather than bouncing BACK, so that something positive can be found even through challenging times.