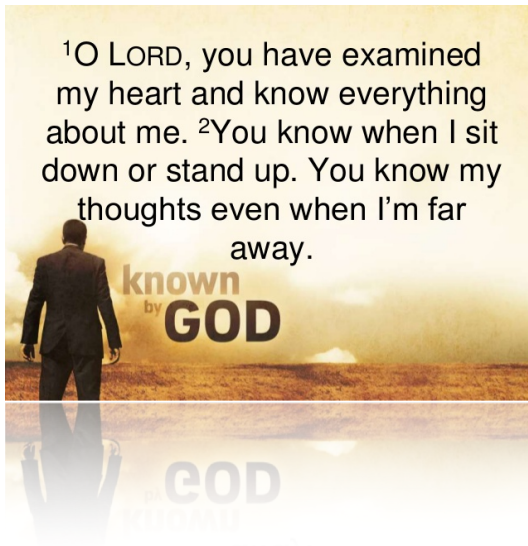


KNOWING YOUR WORTH

Psalm 139



You have looked deep into my heart, Lord,

and you know all about me.

You know when I am resting or when I am working,

and from heaven you discover my thoughts.

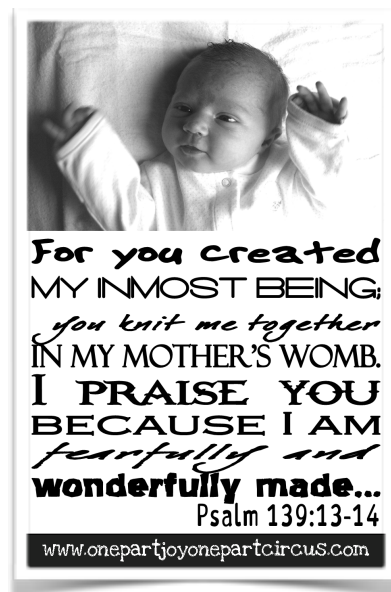
You notice everything I do and everywhere I go.

Before I even speak a word,
you know what I will say,

and with your powerful arm
you protect me from every side.

You are the one who put me together
inside my mother's body,

and I praise you because of
the wonderful way you created me.



Everything you do is marvellous!

Of this I have no doubt.

Nothing about me is hidden from you!

I was secretly woven together deep in the earth below,
but with your own eyes you saw my body being formed.

Your thoughts are far beyond my understanding,
much more than I could ever imagine.



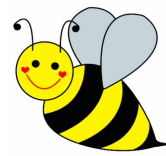
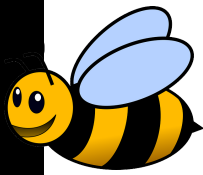
WHAT'S ON THIS WEEK?

FRIDAY...

Breakfast with God takes place at 8:30am in the Junior Dining Room. Come along for tea, toast, and prayer!



Remember...the Paralympics have now begun! As you watch these amazing athletes, think about the scientist and the bumblebee... by knowing our worth, we can achieve the 'impossible'!



Something to think about...

In the 1930s, French entomologist August Magnan claimed that it was impossible for a bumblebee to fly! He said that the insect's body was too fat and it's wings too short for it to be able to lift off the ground... And yet we know that, of course, bees can fly!

Sometimes we focus too much on the things we think we can't do, and we put ourselves down for not being 'this', or not having enough of 'that'. But our scripture this week reminds us that we are created by God...and God doesn't make rubbish! He makes us fit for purpose, with a task in mind for each of us. If only we knew how valuable we were, how well-made we are, and recognised the goodness in ourselves and each other, then, like the bumblebee, we can achieve the 'impossible'!



Something to do...

Watch Harry Baker perform his 'slam' poem, 'The Scientist and the Bumblebee'.

[Staff shared area > Write staff > Chaplaincy > Collective Worship > 2016-2017 > Knowing your worth]



Something to talk about...

- ▶What do think is your best quality?
- ▶What is the best quality of the person sat next to you?
- ▶Who do you look up to? What qualities in them do you admire?



Prayer for the week...

God our Father,

We thank you for loving us just as we are.

Teach us to always see ourselves through your eyes, and remind us that we are loved and precious in your sight.

We ask this in the name of Jesus our Lord.

Amen

Our Father...

Hail Mary...

