



# 9. When the going gets tough....



Age range: Primary

**Theme:** We gather as a community for collective worship that is **inspiring, invitational and inclusive**, reflecting the fact that we are a part of a diverse school family and the wider church community. This term, we are warming up for the Summer Olympics by going back in time and revisiting some Olympic and Paralympic Games from the past. We will share inspirational stories which reflect the six Olympic values of Determination, Excellence, Inspiration, Courage, Friendship and Equality and use them to help us to think about what we can learn from them.



### How does this link to your school's Christian vision & values?

Many of the Olympic values are shared with those that are familiar to us in school, so throughout this term, we encourage you to link each week's collective worship to your school vision – and the way that you live this out through your values. Today we are especially thinking about the determination of Sri Lankan runner Ranatunga Kuranananda, who showed such determination in finishing his race, despite being the last runner to complete his race, by some quite time! In 1964, he got a larger standing ovation than the gold medallist!

### Resources:

- The PowerPoint slides are numbered with a point in the script so you can find your way, and the parts in **bold** show you where to click on to activate the next slide or animation. There are slides to go with today's script, but you could quite easily use this collective worship without the PowerPoint if you preferred.
- **There is also an Olympic 'passport' that you can create using the reflection cards for each week, and to gather some thoughts from your children as you go along. This is in a separate file and could be easily constructed from an A4 or A5 folder with plastic pockets, but will also be included in each week's resources. You could 'stamp' your reflection card each week, just like you would a passport. There is space for this at the top of each card. Use as many as you have time for.**
- **If you want to view the final lap of Sri Lankan athlete Ranatunga Karunananda, who is the focus of today's collective worship, use the link here: [#OnThisDay in 1964 - The Run of Ranatunga Karunananda | It was on this day in the 1964 Tokyo Olympics when a lone runner from Ceylon wearing bib no.67 became a hero for Japan for finishing the 10,000m final... | By The SidelinesFacebook | Facebook](#)**
- **We also suggest using the Billy Ocean song 'When the going gets tough', which you can access from the link in the 'Songs' section, but even if you don't, do use the phrase on slide 4.**
- **Reflective prayer activity:** Be your own cheer leaders this week! Encourage someone in your family / friendship group: help each other to think of encouraging words to say to help others to keep on going.

### Gathering:

**Slide 1: Use the new gathering words, which will be the same each week.**



- **Leader: We are here together**
- **ALL: May we 'GO FOR GOLD!' in our words and actions today!**

### Engaging:

- **Slide 2:** I wonder if any of you have ever said these words, 'I give up!?' I said 'I give up!' recently when..... [share a personal story to help break the ice!]
- There's nothing wrong with feeling like giving up – it's a very human thing to feel! You may have noticed the words 'when the going gets tough, the tough get going' in the song that was playing as you were coming in / there's a phrase that people use sometimes that goes like this:
- **Slide 3: 'When the going gets tough, the tough get going'**. Difficult situations might cause us to feel like giving up, but they can also give us the opportunity to show what we're really made of!
- **Slide 4:** Given the question I've just asked, I wonder which Olympic value you think we're going to think about today?! You're right....it's **determination!** During our time together today, we're going to think about giving up.....and the opposite – persevering.....keeping on going, showing the Olympic value of determination. During the Olympics this summer, you'll be seeing plenty of athletes persevering, being determined....but we'll also reflect on what **inspired** him to keep on going, as we'll hear later.
- **Slide 5:** and we're going to travel back in our Olympic time machine to hear about one 10,000m runner in the **1964** summer Olympics, and what kept him from giving up.....
- **Slide 6:** In 1964, the Olympics took place in Japan.
- **Slide 7:** This is a not-very-well-known athlete from Sri Lanka, called Ranatunga Karunananda. He, like many athletes from smaller countries, was more interested in taking part than winning.



- **Slide 8:** In 1964, the winner of the 10,000m race was an American, a runner called Billy Mills. When Billy Mills broke the tape at the end of the race, **Karunananda** had four more laps still to run. The race had finished for Billy Mills, but Karunananda kept going, much to the surprise of the crowd watching.
- For the first lap, the crowd laughed and made fun of him..... what was he doing? The race was over!.....During his second lap, there was silence.... but then, as the crowd realised that Karunananda was determined to finish his race, they began to clap and cheer. He finished the race to a standing ovation – applause louder than even Billy Mills had received as he crossed the finishing line. [You can watch this final lap on YouTube using the link [here](#)]
- **Slide 9:** After the event, Kurananada became a bit of a hero – especially in Japanese newspapers – and was sent thousands of small gifts which Japanese fans usually send to their heroes. The Olympic Village office asked him to come down and collect his mail because the sack was too big for them to deliver! A young woman wrote these words in a letter to him: **"I saw you on television running all alone and I couldn't keep back my tears...I felt I was feeling for the first time the true Olympic spirit."**
- **Slide 10:** When Ranatunga Karunananda was asked about how and why he kept going, he recalled how he had promised his little daughter back home in Sri Lanka that no matter what, he would finish the race. He also said something that we've heard several times before: **"Participating is more important than winning."**
- **Slide 11:** So, what can we learn from this event that might help *us* when we feel like giving up? Well, here are two things that many athletes do when they're finding it hard to keep going:
  - **They remember.....** - they will remember the words of their trainer, just as you remind yourselves of your teachers' words of advice as you do your work....or Ranatunga Karunananda remembered the promise he made to his daughter....
  - **They fix their eyes on the 'goal'** – so they might imagine themselves finishing their race.....or getting a medal: they fix their eyes on their goal, finishing the race, not on how they are feeling at that moment in time.
- **Slide 12:** In the Bible, there are some words about a very different kind of race. They were written by a teacher named Paul, who gave good advice to Christians who were going through difficult times, not on a running track, but in their lives. Here's the first part: **'...run with perseverance the race marked out for you, fixing your eyes on.....'**
- Can you think what Paul might have suggested next? [ask for some ideas] Here's what Paul said: **'.....Jesus, who has already finished the race.'** Just to be clear again, Jesus was not actually running in a race, but Paul was using the idea of running as a metaphor for people living life, especially when things are hard.
- When people who are Christians go through hard times, they will often remember how Jesus kept on going, even to his death, and how he finished the 'race' that Christians believe ends in heaven. Just as Karunananda fixed his eyes on his daughter when he ran his Olympic 10,000m, Christians will try to keep their eyes focussed on Jesus as they run the 'race' of their own lives.

### Slide 13: Responding and words for worship

Let's be quiet and still with our own thoughts now.....

....we've been thinking about how Ranatunga Karunananda kept on going by remembering the promise he'd made to his daughter.....

....and how people who are Christians keep on going by remembering how Jesus lived his life.....

**....I wonder what we can learn from their example?.....**

**....I wonder what helps you to keep on going?....**

**....and who the people are who encourage you.....**

.....maybe your teachers .....your family..... your friends.....

Praying also helps many people to 'keep on going', asking God for his help and his strength, and so I'm going to lead you in a prayer – join me if you agree with what I'm saying, by adding 'Amen' at the end



**Slide 14: Prayer**

Dear God

Thank you for all the things we can learn through the more difficult experiences of our lives – when the going gets tough. Thank you for all those people who encourage and support us when we need help. Thank you that you promise to help us too.

**Slide 15: Amen**

**Sending: Slide 16**

**Leader:** As we leave this place & time and go into the day ahead...

**All:** Let's go for gold\* in all that we do!



\*Again, you might need to unpick what we mean by 'going for gold' in the context of today's words.

**To listen to / sing:**

[Got a bit better \(AAOS\)](#) (if using this, there are lots of references in the words to things that we might struggle with at school, including relationships!)

[Build up \(AAOS\)](#)

[Resilience in me \(NBD\)](#)

Link to Billy Ocean song 'When the going gets tough' (NB check words first!): [Billy Ocean - When the Going Gets Tough, the Tough Get Going \(Official Video\) \(youtube.com\)](#)

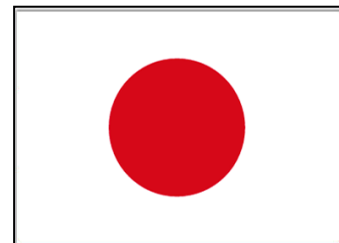


**Slide 17: Reflective areas: get practical!**

Be an encourager this week! Encourage someone in your family / friendship group: help each other to think of encouraging words to say to help others to keep on going.



Arrival on:



# Determination

**At the 1964 Olympics in Tokyo, runner Ranatunga Karunanada was determined to keep going, to keep the promise that he'd made to his daughter that he would finish the race.**



**What does it mean to 'encourage' someone?**

**When have you been encouraged?**



**Which words might encourage other people who are struggling with something today?**



**Say the words of encouragement that might help them!!**

**Be a 'cheer leader' in your class this week!**

