



8. Workout!!

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 begin a series of themes based on wise words – all of them from the Bible, all of them ancient advice about how to live, but in our modern world, they often sound surprisingly up to date! We are linking words from King Solomon’s book of Proverbs to stories from the life of Jesus, leading up to Easter. Today, we reflect on the very familiar parable of the Good Samaritan.



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

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. Most of the themes should easily allow for this.

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.
- **Decide on some simple exercises that everyone can take part in in your school hall – if you want them to stay sitting down, then concentrate on arm motions, but if you want to be a little more adventurous, then think of some exercises that can be done standing on the spot. If you prefer, or are tight on space, you could pick a group of children to take part in the workout at the front whilst the others watch. You’ll only need enough to get their hearts beating a little faster, so we’re not talking about a whole aerobic workout here! You’ll need also to do some kind of ‘cool down’ that will bring children down from their energetic kick-start to the assembly**
- Thank you once again to FreeBibleImages for the version of the Good Samaritan used in this script.
- **Reflective prayer activity:** Heart-shaped paper: write about or draw people who need our help

Gathering:

Slide 1: Use our new gathering words. Why not invent your own actions to accompany them?



- **Leader: We are here together**
- **Children: With ears ready to hear and hands ready to serve.**
- **All: May we be wise in all our actions today.**

Engaging:

Slide 2: We’ll shortly be hearing our wise words for today – and as we journey towards Easter together this half term, we’ll also be sharing a story from the life of Jesus.



Slide 3: I wonder if anyone knows what this is? *[ask a few children, or give clues]*

- You won’t ever have seen one, but we’ve all got one.
- It keeps us alive.
- Along with our brains, it’s one of the most important parts of our bodies, because without it beating, none of us would be here.
- It’s.... Your heart!
- Most people realise that it’s very important that we look after our hearts – I wonder if you can tell me how? *[ask a few more children]*

Slide 4: It’s workout time – and we are going to get active here in our assembly hall this morning and make our hearts pump!!

Our routine will show us what happens when we exercise, and why exercise is important for our physical hearts... *[Conduct your mini-aerobics session here, ask them to feel over their heart to see what’s happened whilst they’ve been exercising, then do the cool down. When children are settled again, continue]*

So, why have we been doing all this? Well, one reason is that it’s very good for us to do this, but there is another reason entirely and it has to do with today’s Wise Words!

Slide 5: ‘Whenever you are able, do good to people who need help.’

There’s another part to our hearts, a part no-one quite knows the location of, that’s to do with our ability to feel – the ‘feeling’ part of our hearts, if you like. It’s important that this part of our bodies gets some exercise as well – and this happens through what we do to help others. Let’s keep our Wise Words in mind as we connect with a story from the life of Jesus that will help us to think more deeply...

Slide 6: Jesus often told stories to tell people something important about God, or so that people would know how to treat others. This story is found in the Bible in the book of Luke, and it’s one of Jesus’ most famous stories.



Slide 7: A man was walking along the road from Jerusalem to the town of Jericho when some bad men stole his coat and left him lying on the side of the road, badly hurt.

Slide 8: The hurt man lay in the hot sun. At last, he saw someone coming past. It was a very holy man who loved to pray. 'Help me please,' cried the hurt man.

Slide 9: But the very holy man took no notice. He walked on the other side of the road. He didn't stop to help the hurt man. He was too busy praying to God.

Slide 10: A very clever teacher, from his own town, came past. He walked on the far side of the road and pretended not to see the hurt man. He did not stop to help him either.

Slide 11: A stranger from the country of Samaria came along the road with his little donkey. He saw the hurt man by the side of the road. The man from Samaria was very kind.

Slide 12: 'I will help you, my friend,' said the kind man from Samaria. He gave the man a drink of water, helped him and put him on his donkey's back.

Slide 13: He found a place for the man to stay and paid for everything he needed. What a kind person!

Slide 14: Our wise words for today remind us: 'Whenever you are able, do good to people who need help.'

So, who did this in the story?

It was the Samaritan of course! He had what people sometimes call 'compassion' – he saw someone in need, thought how he would feel if he was lying at the side of the road – and then did something about it.

We might think that it's was very obvious that the man lying by the side of the road needed help, but two people in the story walked by because they were just too busy with their own lives to be able to stop. I wonder if we've ever done this....?

Slide 15: Compassion

The Samaritan showed great compassion for the man lying in the road.

Showing compassion for others is what keeps the 'feeling' part of our hearts healthy, and prevents us from becoming 'hard-hearted'. Like exercise, the more you practise being compassionate, the healthier the 'feeling' part of your heart will become.

I wonder how we do this? – well, let's learn from the Samaritan in the story and see what he did!

- **He saw someone who needed help:** we can do that too, and keep our eyes open to see people in need
- **He had compassion:** we should think how we might feel in their position
- **He did something to help:** and so can we. Remember that our Wise Words said 'whenever you are able.' Sometimes, it may not be possible – or safe – for us to help [*emphasise importance of safeguarding here, in child-friendly terms as you would normally articulate it in school*]

Slide 16: Responding and words for worship

Our Wise Words for today reminded us 'Whenever you are able, do good to people who need help.'

**Let's wonder together.....you might like to think about the story as we do...
....I wonder what we have learned from the example of the Samaritan?....
....I wonder how we might 'do good' to others today?.... & not leave it until tomorrow!....**

Slide 17: Prayer

I'm going to use some words written by a very famous Christian hymn-writer, John Wesley, in 1904. I wonder whether he had our wise words in mind when he wrote them?! Use the words as your own prayer if you would like to:

**'Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as ever you can.'**

Slide 18: Amen

Sending: Slide 19

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

All: May today's words help us to make wise choices.



To listen to / sing:

[The Golden Rule](#) (NBD)

[Chain of love](#) (AAOS)



Reflective prayer activity:

On heart-shaped paper: write about or draw people who need our help – and even better, go out and do good wherever you can!

Put them in a basket. You may wish to pray as you do so.

Now go out and look for opportunities to do good!





“Whenever you are able, do good to people who need help.”



Think about a time when you needed help. How did it feel when help came?



Talk together about people who might need our help today....



Write your ideas on a heart and lay it in the basket. You might want to pray as you do this. No go out and keep your eyes open for the opportunity to do good!

