

13 Inner strength

Based on Episode 13: No turning back

Learning objectives:

- To look at different kinds of strength found in the stories of Elijah and Pentecost
- To think about physical strength and inner strength

RE Links:

England:

- 1b) *Stories and values that influence the beliefs and values of others.*
- 2b) *Respond to the challenges of commitment both in their own lives and within religious traditions, recognising how commitment to a religion is shown in a variety of ways.*
- 2e) *Reflect on sources of inspiration in their own and others' lives.*
- 3e) *How people's beliefs about God, the world and others impacts on their lives.*

Isle of Man:

- 3A) *What do signs and symbols mean in religion?*
- 4C) *Prophets - Elijah and the Prophets of Baal.*
- 5F) *How do the beliefs of Christians influence their actions?*
- 6F) *Worship and the community.*

Northern Ireland:

- The Revelation of God: God and the Bible*
- The Christian Church: Beginning and growth*

Scotland:

- Sacred writings, stories and key figures.*
- Beliefs.*

Wales:

- Recognise how religion affects the lives of adherents.*
- Recognise that there is a spiritual side to life that can provide people with comfort in times of need or focus in times of joy.*

Stimulus material:

Friends and Heroes DVD episode 13: *No turning back*

Bible references for the main stories:

1 Kings chapters 18-19
Acts 2:1-21

Other resources required:

Copies of Worksheet 13a ,13b and 13c, coloured pencils

Introduction:

In groups the pupils discuss the statement 'strength can be used, misused and wasted'. The groups think of examples when each of these happens and turn their ideas into a rôle play. Explore what 'inner strength' is and whether it is possible to have inner strength and be scared at the same time. Think of a situation when this might happen.

Activities:

Watch episode 13 until the two part story of Elijah ends with the words 'set up a new king. He did just that'.

Recap the story by hot-seating Elijah. Ask 'Elijah' questions such as:

- 1) When you saw the 450 priests of Baal, how did you feel?
- 2) What were you thinking when you asked God to send rain?
- 3) Why did you pour more water on the sacrifice?
- 4) When was your weakest moment?
- 5) When was your strongest?
- 6) Where did that strength come from?

Sit in a circle and allocate different colours to represent different feelings, for instance red-anger, pink-worry, yellow-happiness, black-fear, etc. Write or draw each colour on a piece of paper and place it in the middle of the circle. Review the story of Elijah (the main points are written in the left hand column of Worksheet 13a and 13b) by asking individual pupils to stand next to the emotion they think Elijah might have felt at certain points. Each time, discuss Elijah's physical strength and inner strength ratings – 10 being very strong and 1 being very weak.

On sheet 13a and 13b, the pupils first complete the Feelings Key showing which colour represents which feeling. Then for each row they read the sentence(s), draw what has happened and use colour(s) in line with the feelings key to colour in their drawings. In the right hand boxes pupils mark with a cross on the 'inner strength-o-meters' to show how Elijah was feeling inside. Use a similar format for pupils to outline something that recently happened to them.

Watch the rest of episode 13. God promises his power and strength to his followers.

Discuss what this strength enabled Elijah and the early Christians to do. Do they know of examples where people with faith claim that God has given them strength? Pupils can write letters to people they know who have a faith and ask them where they believe their inner strength comes from.

Reflection / Personal search / Response:

Recap the rôle plays worked on earlier. Develop these to now show someone with inner strength.

Sheet 13c offers a means to record this at an individual level.

Assessment / reporting:

Note how well pupils differentiate between physical and inner strength in their rôle plays.

Links to other subjects:

PSHE/citizenship – identity

Name: Date:






Inner strength 13a

Give each of these feelings a colour:

Anger Fear Sadness Exhaustion

Excitement Apprehension/Worry Peace Relief

There was drought. The people needed Rain. They prayed and nothing happened.




What happened in words	What happened in pictures	Inner strength-o-meter
Elijah met with 450 prophets who worshipped Baal at Mount Carmel. It was him, his faith in the LORD God, and them.		 1 10
Elijah said 'Bring two bulls to sacrifice. Call on the name of your god and I will call on the name of the LORD. The god who answers by setting fire to the wood – he is the true God'.		 1 10
'O Baal, answer us!' they shouted. But there was no reply of any kind.		 1 10
Elijah repaired the altar of the LORD. He dug a trench around it, laid the bull on the wood and poured water all over it – three times.		 1 10
Elijah prayed, fire flashed down from heaven and then the rain began.		 1 10

Name:

Date:

Inner strength 13b

King Ahab's wife, Jezebel, then threatened to kill Elijah. He ran in fear to the desert.

What happened in words	What happened in pictures	Inner strength-o-meter
'I have had enough, Lord,' he told God. 'Take my life.'		 1 10
An angel came to him. 'Get up,' he said, 'and eat and drink then go to Mount Sinai.'		 1 10
And there God spoke to Elijah – not in strong winds, an earthquake or fire, but in a gentle whisper.		 1 10

Name:

Date:

Inner strength 13c

This is you divided into 4. Draw 4 things that have happened to you when you had to find inner strength to cope.

Next cut yourself out (be careful of the flap – it needs to be cut out as well, still joined to your head...) and stick just the flap to another piece of paper. Make sure you leave enough room so that all of you can fit on the piece of paper.

On the bottom piece of paper, underneath where the 'you with the flap' is lying, draw how strong you were feeling inside when the 4 things happened to you.

