

# CHAPEL MESSAGES FOR THE WEEK ENDING 4 March 2016

## MONDAY 29 FEBRUARY

Good Morning All

Welcome to Week 5. It's a rainy muggy day here at Wesley but all is well.

Our prayerful thoughts for Sir Peter Kenilorea former student and the first Prime Minister of the Solomon Islands.

Sir Peter passed away after a long illness aged 72. Our condolences to Sir Peter's family and the country of the Solomons as they mourn the loss of a much loved son. Sir Peter was awarded a Government scholarship to school in NZ and so attended Wesley College. We give thanks for Sir Peter's contribution to the life of our School.

Our theme for this week is RESILIENCE.

The Bible reading was from Ephesians 6:10-18 on pages 1289 and in the Wesley Bibles.

The ability to 'shake it off and step up' sums up what RESILIENCE looks like, the ability to be flexible and to go with the flow.

It's not possible to protect our children from the woes of life, but we can raise children who are RESILIENT. Provide them, with the tools they need to respond positively to the challenges of the day free of stress. We all innately have RESILIENCE and helping our children to discover, identify and utilise this gift to enable them to make their way in the world, is the challenge for us as adults.

In this Lenten season we are reminded that when we face our own temptations, if anchored in our faith and wearing the armour of God, we will discover how RESILIENT we can be and be encouraged to 'shake it off and step up.'

Have a blessed day

## TUESDAY 1 MARCH

We continue being RESILIENT our theme for this week.

THANK YOU to our worship leader's today Year 12 students Xavier Faitala, Peter Leaupepe and Tomasi Manase. The Bible reading was from Joshua 1:9 on page 216 and in the Wesley Bibles.

Xavier, Peter and Tomasi were part of the Year 12 group of leaders who attended the Year 9 Camp held at Camp Adair last week. The theme for the camp was 'Whanau / Family.'

It was an opportunity for the Year 9s to get to know each other outside of school, to experience real outdoor camping, and for the Year 12 s to build relationships with the Year 9s.

In terms of the theme RESILIENCE, they were tested from the outset with the 3 hour walk everyone had to make to the campsite. Many felt like giving up but they kept going.

As leaders sometimes it was hard maintaining the 'leader' role all the time, but they did it and helped each other out.

Getting to know the Girls was cool and everyone stepped up when they needed to and worked together. It was a learning time for everyone who was at camp, the older ones learning from the young ones and vice versa.

Everyone enjoyed themselves and thank you to all the Staff who helped to make it possible.

A video of their time at camp followed which was awesome. Watching the Year 9s faces in chapel as they watched the video of their time at camp was priceless!

Have a blessed day

## **WEDNESDAY 2 MARCH**

Good Morning All

We continue to be a RESILIENT people this week.

Our thoughtful prayers continue for former Wesley student the late Sir Peter Kenilorea, his family and the people of the Solomon Islands.

We continue to pray for Lua Finau in Middlemore Hospital and for Emmanuel Tufuga who has returned to school after his surgery.

CONGRATULATIONS to the Senior Touch team who after a bit of a RESILIENT, strong and spirited word from the Coach went on to beat Alfriston 4-0. Tries were scored by Ronan, Saia, Reuben and Paul.

The Bible reading was from Joshua 1:1-9 on pages 216 and 258 in the Wesley Bibles. This morning the School watched two Youtube clips

1. Rocky Balboa's motivational speech to his son
2. The Final Resilience Video

Four ways to help build RESILIENCY

1. Take good care of yourself
2. Maintain good relationships
3. Be positive, Be hopeful
4. Accept change as an opportunity

v9 Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged; for the Lord your God will be with you wherever you go.

We are never 'commanded' to be something we cannot be, we are not already. The best thing is: God is with us.

Have a blessed day

## **THURSDAY 3 MARCH**

Good Morning All

A beautiful sunny day here at Wesley.

The Bible reading was from Philippians 4:4-9 on pages 1297 and 1468 in the Wesley Bibles.

Yesterday the video clip on RESILIENCE provided for us tips on how to help build our RESILIENCE.

1. Look after yourself physically and mentally
2. Maintain good relationships, hang out with good people ... people who support you and make you feel good
3. Be positive and be hopeful. Always look on the bright side of things.
4. Change is an opportunity ... everything is an opportunity to learn something about ourselves about others

Like everything in life we get better at it when we use it or otherwise we lose it, and we get better at doing things when we practice.

The reading this morning reminds us that God's onto it and that as God's people, God's got our backs and has so for over 2000 years ago. God's people are people of RESILIENCE! God's very nature is one of RESILIENCE. Never giving up on us and grace and blessing abounds. The method is tried and true:

Rejoice in the Lord always

Be gentle to yourself and to others

Don't be anxious about anything but give it up to God and pray about it

When we give it up to God ... God's peace guards our hearts and minds

Whatever it is that makes us the best people we can be, it's good to think about those things

Put it into practice

In this the 3<sup>rd</sup> week in Lent we are encouraged to be RESILIENT in our reflecting upon and examining of our own lives in the light of Jesus Christ whose life we know was sacrificed for us ... for this we give thanks and rejoice always.

Have a blessed day

**FRIDAY 4 MARCH**

No Chapel Message today

