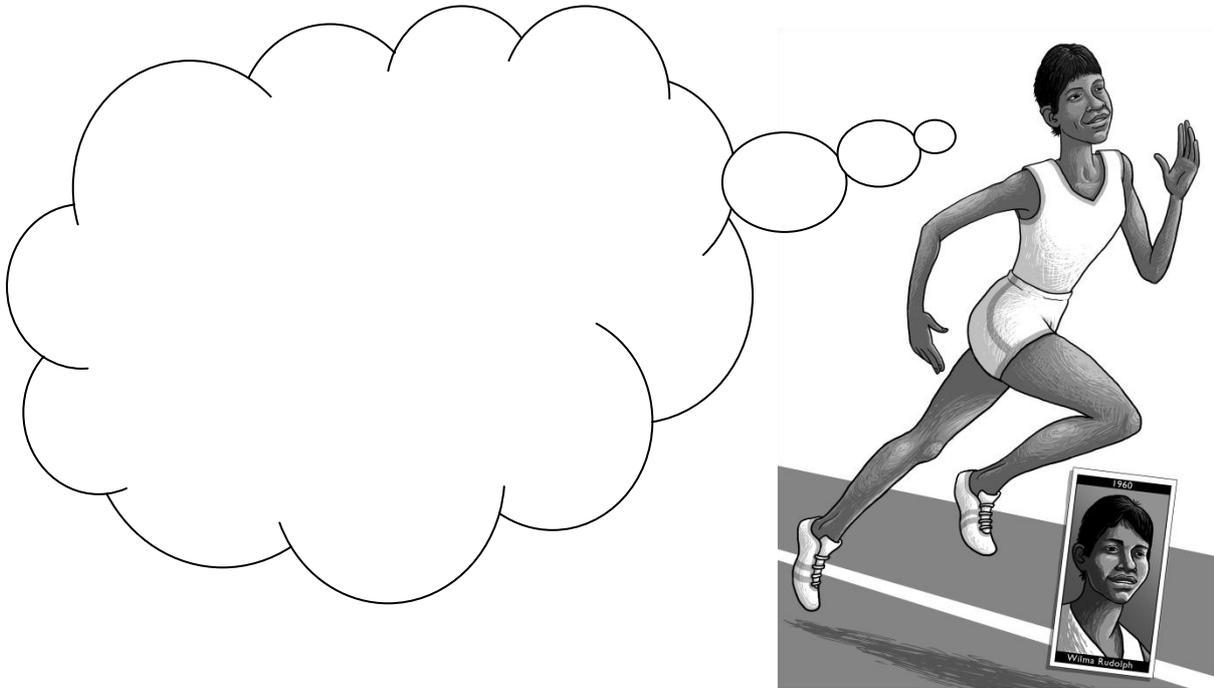


Wilma Rudolph

Wilma had a tough childhood. Behind her, draw or list some of the things in her past that she still remembers.



After becoming famous, Wilma was invited back to a special party in her home town, but it would be 'segregated'. She said 'No'. Why?

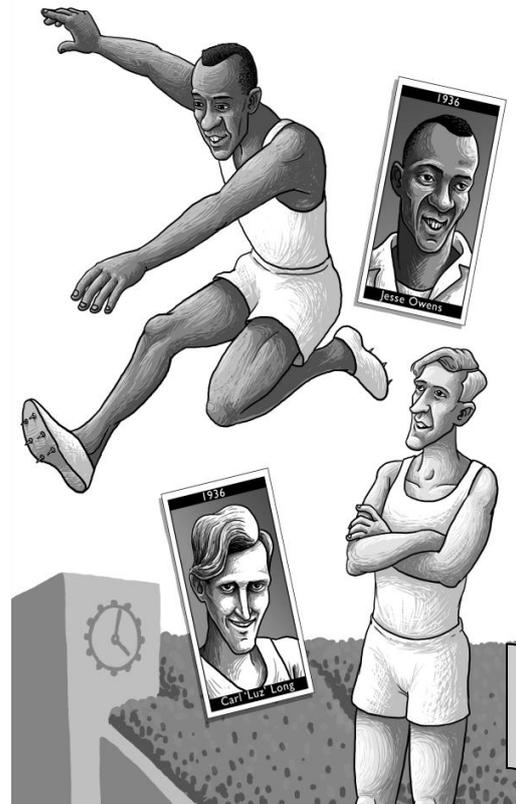
Jesus said: 'I tell you not to try and get even with a person who has done something bad to you.' Matthew 5:39 (adapted from NIV)

Wilma didn't try and 'get even', but she still managed to make other people listen to her, and do the right thing.

Think of something unfair that you get cross about. List or draw all the things you could do, then tick the ones that will have a good result.

'Luz' Long and Jesse Owens

List here some reasons why these two might not be friends.



But they *did* become close friends!

- What do you think they both shared and cared about that drew them together?

Luz and Jesse both...

Jesus said: 'Love your neighbour as you love yourself.' Matthew 22:39 (adapted from NIV)

If somebody said you couldn't be friends with someone because they were different, what would you say? Draw yourself with a friend who is different to you in some way.



Haile Gebrselassie is about to win the 10,000 metres and take a gold medal back to Ethiopia!

Afterwards, he proudly carried his country's flag around the track, but what do the colours and shapes mean?



Green = land Yellow = peace and hope Red = strength Blue = peace
Star = many and one Sun's rays = prosperity

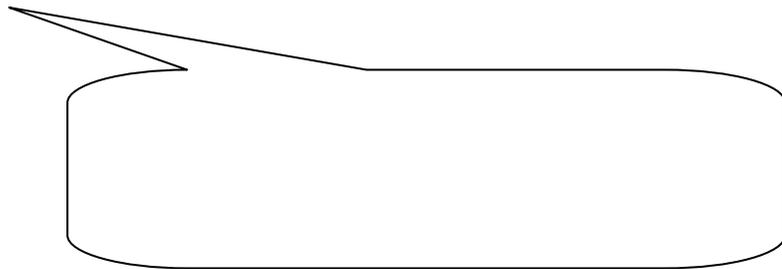
This is an Ethiopian cross, the sort that Haile would see in his home church. It has a very complicated pattern that means life with God can now go on forever and ever, because of what Jesus did on the cross. This is called 'eternal life'.

Think of your own school. What makes it special? Design a flag or cross for your school. All the patterns, symbols and colours on it should mean something important. Afterwards, label your design to explain its hidden messages.

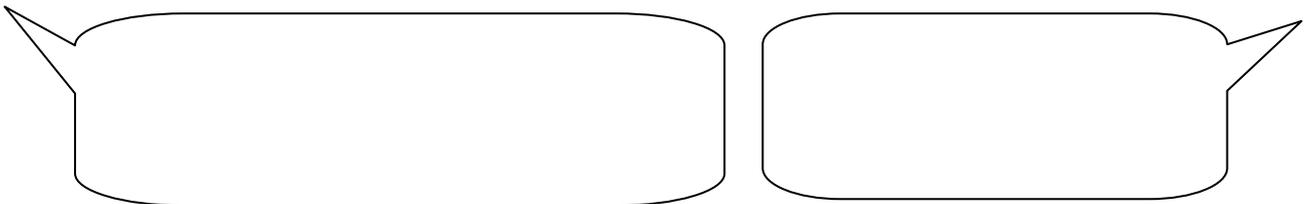




Eric Liddell wants to win, but says there are some things even more important than winning a gold medal for the 100 metres. What are they?



But some British people think he's wrong. What do you think *they* are saying?



It can be hard, standing up for what you believe. People might say nasty things about you, but they might secretly respect you as well. Jesus said: 'When everyone says nice things about you, then watch out!' Luke 6:26 (adapted from NIV)

- When can it be dangerous or wrong to just do what other people are telling you?

In the Bible, Paul said: 'Don't let the world squeeze you into the shape it wants. Instead, let God change the way you think.' Romans 12:2 (adapted from NIV)

Draw yourself, using arrows, labels and pictures, to show bad things that some people might want you to do in future. Show your hands pushing them back. In a thought or speech bubble, show the things that help you to say 'No'.

Lilo Ljubisic

Lilo could see when she was _____, but a childhood illness and poor _____ treatment led to her slowly losing her sight. At school, she was often _____ and bullied by other children because her _____ made her look different to others.

However, as a teenager, Lilo discovered the power of _____. She didn't have to accept the _____ that others placed on her because she was _____. Sport made lots of other things possible. She has won many medals in the _____, and now speaks out for children who face _____ like hers.



disability born medical choice limits problems Paralympics teased blind

Lilo's faith in God has taught her that, no matter how bad things are, there are always good choices to make. Think of a good choice *you* could make today to make something better, and write about it.

In the Bible, someone wrote: 'Faith is being sure of what we hope for, and being certain of what we do not see.' Hebrews 11:1 (adapted from NIV)

List here five things you cannot see, although you *know* they are real and true.

Discuss: How do you know those things are real? Who (or what) do you have to trust, to know they are real?

