



# Thoughts on Above and Beyond

What do you picture when someone talks about going 'above and beyond'? Maybe travelling far, far away, above us, into space. Or achieving amazing things in your favourite activity? Or producing a very long, detailed, decorated piece of homework? Or noticing someone needs help and doing it before being asked?

## The Bible says

'Care about others as much as you care about yourselves and think the same way that Jesus thought.'

*Philippians 2:4,5*

'With God's power working in us, God can do much, much more than anything we can ask or think of.'

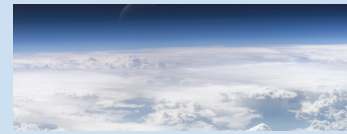
*Ephesians 3:20*

'Do not be shaped by this world. Instead be changed within by a new way of thinking. Then you will be able to decide what God wants for you. And you will be able to know what is good and pleasing to God and what is perfect.'

*Romans 12:2*

*What do you think about these verses?*

## Fact



Above us is Earth's atmosphere, a jacket of gases that surrounds our planet. It keeps us warm, gives us oxygen to breathe, and it is where our weather happens.

## Idea



The dictionary meaning of 'to go above and beyond' is to act in a way that is far more than is expected, needed or asked for. Does that mean that we should be the best at everything all the time more than anyone else? No. Think about yourself. Christians believe that God created us to be us. So it's not about being the best at something but being your best self, doing what you can to your best ability.

## Do



What would you like to aim for? Draw an outline of an arrow. Write your aim in the triangle part, and how you will reach it in the 'whoosh'.



## Pray

Thank you that we are all special and unique with different talents, abilities and qualities. Help us to use these to make a difference and to be our best self.



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