Please read chapters 5 and 6.

CHAPTER 5: KEEP ON KEEPING ON

In this chapter Rob tells two stories of people who persisted in pursuing their dreams even though the odds were stacked against them. Liz Jackson's story tells how she became an award-winning young business woman with an MBE when everything seemed against her.

✎ What does Liz's story say to you? Do you have a dream you'd like to see happen? What obstacles would you need to overcome?

✎ Liz discovered that "... the world is full of 'dream-killers'." Have you met people like that? How did they make you feel?

On pages 40 and 41 we read about Mamo Wolde, the Ethiopian marathon runner at the 1968 Olympic Games in Mexico City.

✎ What do you think kept him running even though there was no chance he'd win the race? Have you ever felt you had to keep going with something against the odds? If so, write about how it felt.

CHAPTER 6: LOVE IS SOMETHING YOU DO

Rob helps us in this chapter to see the difference between being in love and love as a way of living. He explains that the first one is a feeling which comes and goes, and the second he describes as "*doing* love."

In the book, *Captain Corelli's Mandolin* we read a description of these two types of love.

✎ Have you experienced either or both of these loves? If so, write down your thoughts about your experience.

In the story of the young woman whose mouth was disfigured by surgery, we see her husband who *"took a decision not only to go on loving, but to go on accepting"*.

✎ Write down what you think love should look like when life changing things happen to you, or a loved one.

✎ Have you ever faced a situation where you had to make a decision whether or not to go on loving and accepting a person? What did you decide and why? In hindsight how do you feel about that decision?

Something to think about ...

✎ What wisdom are you going to take away from these two chapters and how will you use it in your own life?

Next time ...

The next session will look at chapters 7 and 8 where we will look at being yourself and using your talents, along with being the change you'd like to see.

Care for the Family is a registered charity (England and Wales: 1066905; Scotland: SC038497; Isle of Man: 1231).
A company limited by guarantee no. 3482910. Registered in England and Wales.
Tel: 029 2081 0800. Web: cff.org.uk