

Intro – <http://www.myfishbites.com/assemblies-youcan.php>

You Can

You can. Two words that are very powerful.

Sometimes people say things about us that make us feel like we can't achieve anything or that we are useless. It can be hard not to believe what people say, especially if it comes from someone we love.

Or maybe you struggle with a voice in your own head that tells you that you can't do things, that you're not good enough, that you'll never make it, that you have reached your limit.

The truth is that each of us has real potential. Each of us can do things that are beyond what we can imagine. We won't be able to do everything in life and we won't always be able to do things as well as some other people. But we can always keep on learning, keep on growing, keep on getting better, keep on trying and moving forwards even when it's hard.

One of the things I try to do in life is not to be someone else but to be the best 'me' that I can be. As a Christian, I believe that God helps me to become everything that he has made me to be.

Push - Honda Car Advert - Summer 2015 - <https://youtu.be/U8VIX4Ekk80>

You Can...

Lots of years ago, runners believed that no man would ever run a mile in a time under 4 minutes. People said it was impossible.

But then an English guy called Roger Bannister on 6 May 1954. He ran the mile in a time of 3:59.4 mins. As of July 2015, the fastest mile was run by Moroccan athlete Hicham El Guerrouj with a time of 3:43.13.

Maybe you can think of other records that people have set or things that people have done. Things that others said weren't possible.

Song

There was a song years back that was written by a band called 'Chumbawumba' called 'Tubthumping'. Although you weren't around when it was written, you may know the lyrics which say "I get knocked down, but

I get up again. You're never gonna keep me down..."

Direct Youtube song link – <https://www.youtube.com/watch?v=kS-zK1S5Dws>

The funny thing is that this line from the song first came from the Bible...
"We are like clay jars in which this treasure is stored. The real power comes from God and not from us. We often suffer, but we are never crushed. Even when we don't know what to do, we never give up. In times of trouble, God is with us, and when we are knocked down, we get up again." (Book of 2 Corinthians. Chapter 4, the Bible)

Point

We can do loads of things in life if we just keep on going and don't give up! You may have found out already that you can achieve things that are beyond what you thought you could do. Often this is with the help of people around you that believe in you and help you.

During World War 2, the Prime Minister of the time called Winston Churchill did a speech that included these famous words:

"Never give in. Never give in. Never, never, never—in nothing, great or small, large or petty—never give in, except to convictions of honour and good sense. Never yield to force. Never yield to the apparently overwhelming might of the enemy."

As a Christian, I believe that God has created us all to succeed and to make a difference in this world. When the voices around you say that you can't do things or you aren't good enough, it is God's voice that says you can because I have made you to be more.

You won't be anyone else and you shouldn't try to be anyone else. But you can be all that God has made you to be if you just ask for his help. The Bible says that Jesus went around doing good and healing all who were sick and feeling crushed. This is the Christian message.

Even if you don't, keep on learning and keep on pushing to be better, to be more kind, more helpful, a better friend, a better family member and someone who lives life well without being nasty to other people. Be the very best you that you can be. Don't settle for anything less!