



Keep Fit – (Konect Series)

Welcome (10 mins)

Indoor-Olympics

Members rotate around 5 different challenges, with exactly one minute at each activity, keeping score.

1. How many different words can you make from 'Olympic games' – plurals not allowed, words must be at least 3 letters long. 1 point for each word
2. Tiddly winks – how many can you flick into a pot. 1 point for each
3. Breath holding (??!) – 1 point for every 5 seconds
4. How many needles can you thread (put corks on the sharp ends of the needles if safety is a concern). 1 point for each
5. Sit against the wall at a right angle as if there were a chair there. 1 point for every 5 seconds

Worship (20 mins)

Play a contemporary song > e.g. Travis 'Turn'; Oasis 'Wonderwall'; Fatboy Slim 'Praise You' or something else you are aware of. Have the lyrics typed out – let the group listen to the song whilst having the lyrics in front of them – what is God saying to them at this time through this song?

Word (40 mins)

1. How might we improve our scores at each of these activities? (Training! Practice! Perseverance!)
2. Brainstorm factors in getting and keeping fit (e.g. diet, exercise, discipline...)
3. Introduce the idea of spiritual fitness. Just as athletes train to become physically fit there are ways we can be more spiritually fit.
4. What differences are there between physical and spiritual fitness? (i.e. spiritual fitness is not about performance or earning anything...)
5. Get smaller groups to summarise a bible-bit each – where Paul uses fitness as a metaphor for describing his faith:
 - o 1 Corinthians 9.24-27
 - o Phil 3.10-14
 - o 2 Timothy 2.1-5
 - o 2 Timothy 4.6-8
 - o 1 Timothy 4.6-12



- o Acts 20.22-24

Encourage people to now write out a personal fitness plan (see below). Three essentials are healthy heart and lungs, low body fat and flexibility.

1. Spot on prayer: get people running on the spot while you talk about prayer. Prayer is as essential as breathing. Talk about your own prayer life. Encourage others to share how they pray. When and where do you pray? What inspires you to pray more? Then stop and fill in the first section.
At the moment – how do you pray and where? Who with? When in the day is best? (all day!) / my aim (being creative by drawing prayers? Visual? Prayer partner?) / to help me (celtic prayers? Poems?) / Share ideas with each other
2. Bible study: pass around some healthy fruit and talk for 2 minutes about what helps you study the bible – share ideas – bible notes? Exploring a theme? Fill in the sections on your programme.
3. Worship: get them doing some stretches as you discuss worship. When /how /where? What are the difficulties? Distractions? How can they contribute to worship rather than just consume it? Share ideas – writing your own psalm? Using creation as an inspiration? Fill in the fitness programme.
4. Think through things to avoid (e.g. physical fitness is damaged by smoking...what things should be avoided which would damage spiritual fitness).

Witness (20 mins)

Pray for each other and for your friends while running on the spot.

Notes

Aim: to compare and contrast physical and spiritual fitness and discover ways of becoming more spiritually fit

Prep: olympic websites

www.olympics.com; www.olympics.org.uk

Cell Plan



COMMIT 2 GET FIT! – Personal fitness programme

Cardiovascular fitness – heart and lungs >> **prayer**

At the moment: _____ My aim: _____ To help me: _____

Low body fat – healthy eating >> **bible study**

At the moment: _____ My aim: _____ To help me: _____

Flexibility – strong and adaptable >> **worship**

At the moment: _____ My aim: _____ To help me: _____

Other fitness factors:

Things to avoid: _____ Things to look for: _____

Name: _____ date: _____

Cell Plan