

# THE BIG STEP

EXERCISE. REFLECTION. WELLNESS.



# CONTEXT

Welcome to this special resource which has been created to coincide with a time where you may be naturally and consciously considering new goals or first steps in a new direction.

**THE BIG STEP** is designed to be flexible enough to be used in a variety of different contexts and settings, allowing you to work through the 'FIT' (Focus, Implement, Time) headings over the course of the time that you have.

How you fit the material around your day or schedule is up to you: it could be that you spend time reading and reflecting on the scripture in the morning, then in the evening spend time reflecting on the questions as part of your daily wellness, but there's no right or wrong way.

For each heading there are three P's - **PAUSE PRAY** and **PREPARE**.

These points are designed to help you practically and intentionally take the content beyond the session, linking with the heading and the scripture, as well as your New Year goals!

There is no set time frame for how long you should spend on each element of the resource. Equally, it might be that you only focus on one question, or that your conversations with others may lead you on to further questions that are not included as the discussion develops, allowing your discussions to impact your exercise, faith and wellness in your every day lives.

Being physically active has so many benefits to our physical, mental and spiritual health.

So as you set out to accomplish your New Year goals, we pray that this material enhances your journey with God, so that you can connect your first and every step with your faith in a way you perhaps have never done before!

**TRUST**



“

**WHETHER YOU TURN TO THE RIGHT OR TO THE LEFT,  
YOUR EARS WILL HEAR A VOICE BEHIND YOU, SAYING,  
'THIS IS THE WAY; WALK IN IT.'**

**ISAIAH 30:21 (NIV)**

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# FOCUS



# 1

## PAUSE

Before you start your exercise today, start with the end in sight. Where are you headed and what can you achieve today?

'The first step towards getting somewhere is to decide that you are not going to stay where you are'.

# 2

## PRAY

Sit quietly for a moment and clear your mind.

Ask God to guide you as you consider your movement. Pray that your ears will be open to his word as you take each step.

Boldly ask God to clearly tell you 'This is the way. Walk in it'

# 3

## PREPARE

'If you don't know where you're going, you'll probably end up some place else'.

What God's plan for you in 2023?  
What do you need his help with?

'I am always with you' Matthew 28:20.

# IMPLEMENT



# 1

## PAUSE

Reflect on your progress so far.  
How have you found it?

What have your successes and  
challenges been so far?

What opportunities has God  
provided for you to celebrate  
and give thanks for today?

# 2

## PRAY

What does your next move look  
like? Have you prayed about it?

Ask God to provide you with  
opportunities to engage with others  
in your community through Sport  
and for vision to look beyond your  
'today'.

Pray about everything!

# 3

## PREPARE

Is there a missional gap or opportunity  
in your context to start something new,  
or might God be calling you to join in  
with something that's already  
happening?

The Holy Spirit empowers us to  
achieve our God-given goals.

You can do anything but not everything.

# TIME



# 1

## PAUSE

Are you finding time to rest, to pause and to be still?

What needs time and focus?

Turning down the volume of your life allows you to listen to God.

'Be still and know that I am God'  
Psalm 46:10.

# 2

## PRAY

Pray for God to help you to listen more to him in the periods of rest and activity during your workouts.

Pray for time to be able to stop, and for the discipline to do so.

Pray that your spiritual fitness will be impacted by making your exercise an act of worship.

# 3

## PREPARE

What has God revealed during the last few weeks? How are you going to respond to him?

Boost your daily exercise by working out with someone else - 'iron sharpens iron, so a friend sharpens a friend' Proverbs 27:17.

Never give up - good things take time.