



SPORTS MISSION

# Venture Out

MAKING A BIG IMPACT DURING COVID-19

# CONTEXT - FIT

## FOCUS

BEFORE YOU START YOUR DAILY ALLOWANCE OF EXERCISE, TAKE A FEW MOMENTS TO FOCUS ON HOW WHAT YOU'RE ABOUT TO DO CAN BE A PART OF YOUR WHOLE OF LIFE WORSHIP. PRAY ROMANS 12:1-2 DAILY BEFORE USING THE SCENARIOS TO CONSIDER THE SITUATIONS YOU MIGHT ENCOUNTER WHILE YOU KEEP FIT.

## IMPLEMENT

DON'T JUST CONFORM TO THE WAYS OF THE WORLD AND COMPLETE YOUR EXERCISE IN MENTAL ISOLATION. SOCIAL DISTANCING DOESN'T MEAN EMOTIONAL DISTANCING. USE THESE POINTS TO IMPLEMENT ROMANS 12:1-2 INTO YOUR DAILY LIFE DURING THE TIME YOU'RE KEEPING FIT AND SEE WHAT THE IMPACT COULD BE.

## TIME

WHEN YOU'VE COMPLETED YOUR EXERCISE, TAKE TIME TO THANK GOD FOR HEALTH THAT ENABLES US TO BE PART OF THIS DAILY ROUTINE. PRAY OVER THE PEOPLE THAT YOU'VE SEEN OR ENCOUNTERED DURING THAT TIME USING THE PRAYER POINTS. KEEPING SPIRITUALLY FIT IS AS IMPORTANT AS KEEPING PHYSICALLY FIT.

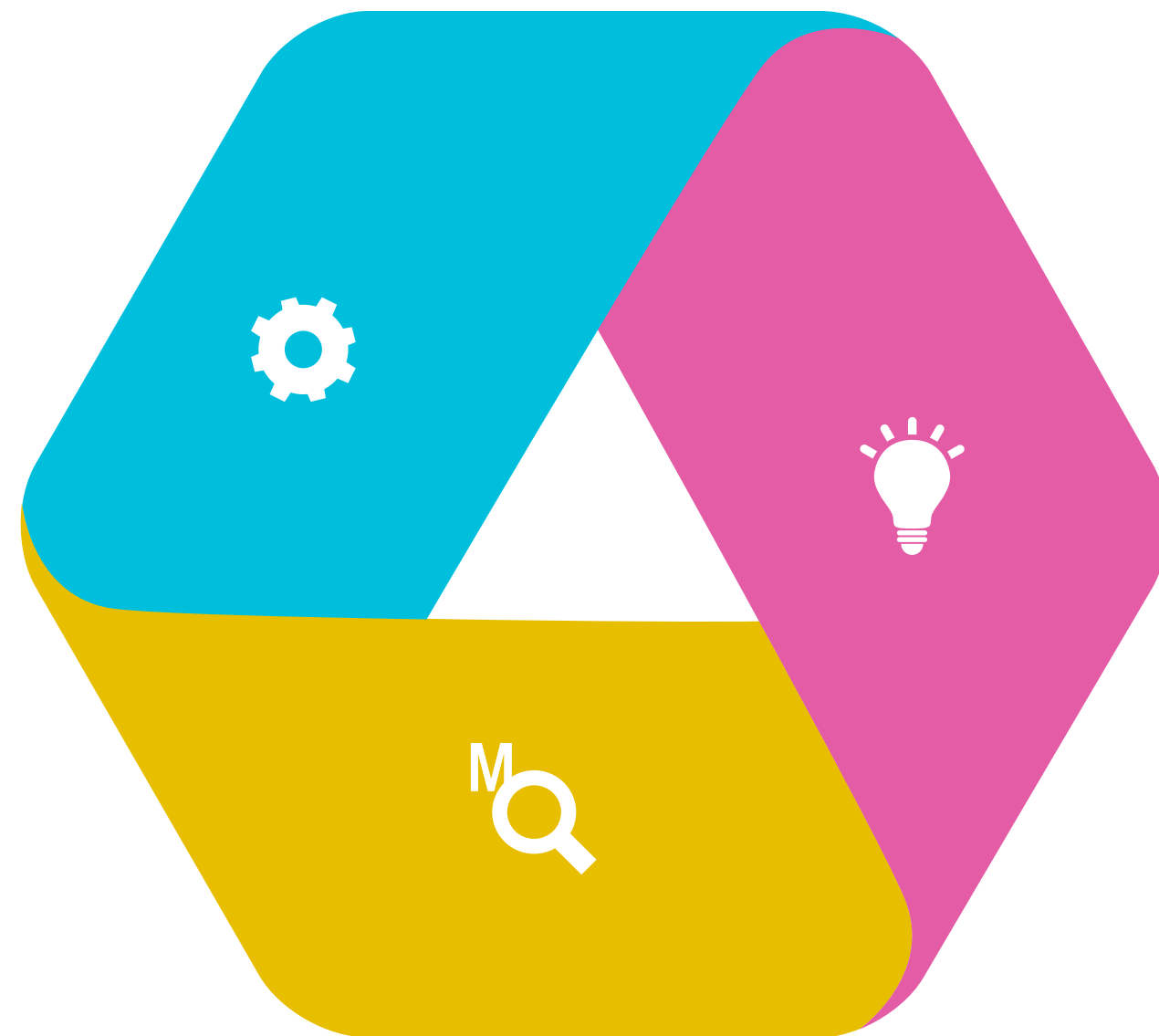
**HERE ARE FOUR MAIN TYPES OF EXERCISE THAT YOU MIGHT BE PARTICIPATING IN DURING THIS TIME. SIMPLY FIND THE ONE THAT FITS YOUR NEED BEST THEN EACH DAY READ THE ROMANS 12 VERSES FOLLOWED BY THE FIT PROMPTS.**

## **ROMANS 12 (VERSES 1-2) ACCORDING TO SPORT DURING COVID-19**

**SO HERE IS WHAT I'M GOING TO DO: TAKE MY ORDINARY, NOT-SO-EVERYDAY SPORTING LIFE - MY DAILY ALLOWANCE OF TRAINING, GOAL-SETTING, 5K, WORK OUT FROM HOME LIFE - AND PLACE IT BEFORE GOD AS AN OFFERING. EMBRACING WHAT GOD DOES FOR ME IS THE BEST THING I CAN DO FOR HIM. I WON'T FIT IN WITH THE CULTURE OF SPORT SO MUCH SO THAT I TURN OUT JUST LIKE EVERYONE ELSE.**

**INSTEAD, I WILL FOCUS FULLY ON GOD. I PRAY MY PLAY AND INTERACTIONS WILL BE TRANSFORMED FROM THE INSIDE OUT. LET ME BE QUICK TO SEE WHAT GOD WANTS FROM ME, LET ME BE BOUNCING ON MY TOES READY TO RESPOND TO IT. LET ME BE OUTWARD LOOKING, ISOLATED BUT CONNECTED AND SLOW TO SHOW ANGER. MAY GOD BRING OUT THE BEST IN ME AND ALLOW ME TO SHOW HIS LOVE THROUGH MY ACTIONS.**

# RUNNING



## FOCUS

What situations might you come across while you're out running?

- Someone on the path in front of you walking towards you
- Someone on the path opposite from you walking towards you
- Someone on the path ahead that has stopped.

## IMPLEMENT

How will you respond to those situations whilst you are running?

- Say hello or good morning/afternoon
- Wave or nod hello
- Consider how far you need to run 'around' them - what message does your distance send?
- Does the speed we pass people depend on how much space we give?

## TIME

How can you pray into what you have experienced?

How can you pray for the people you pass?

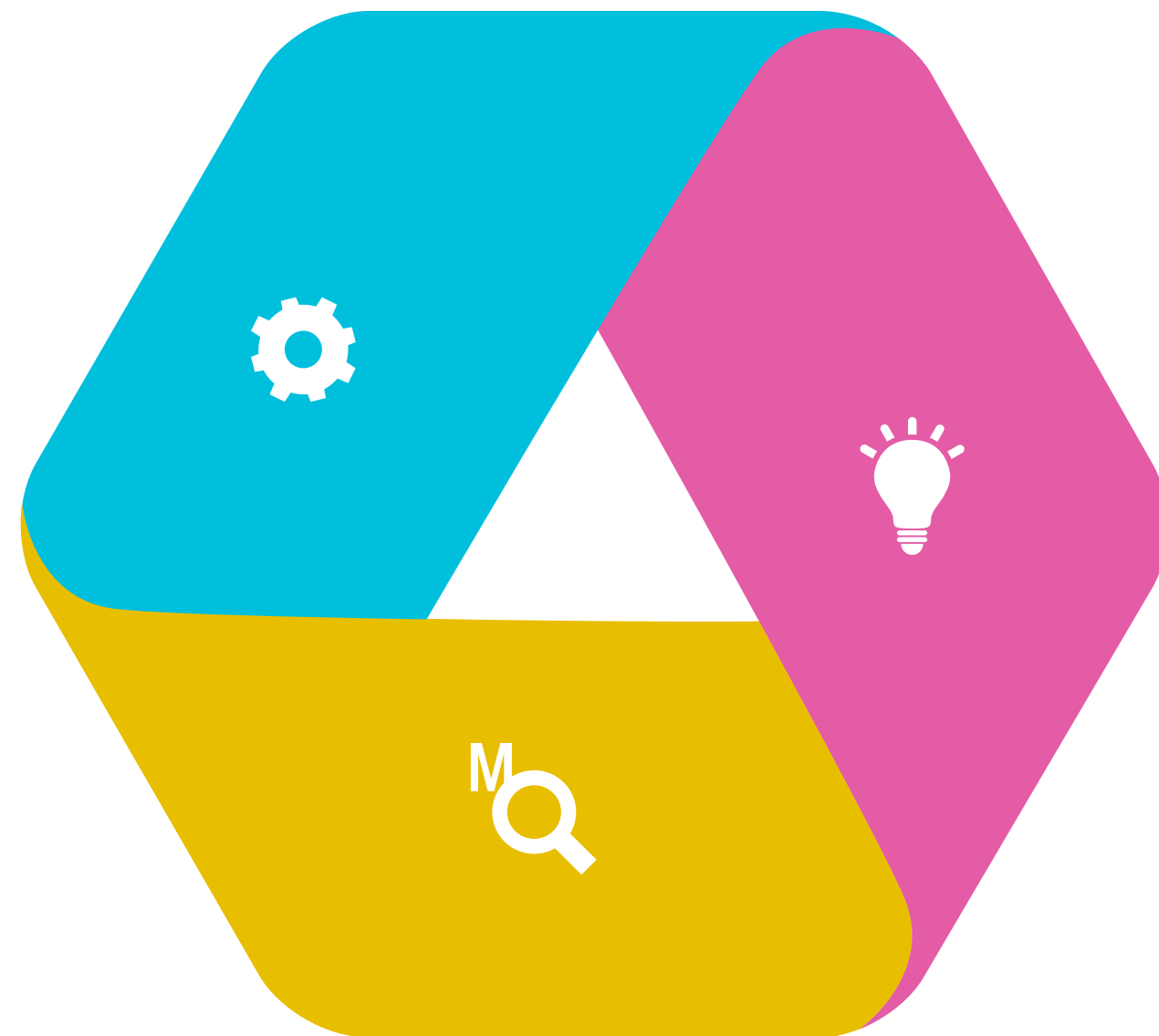
- Pray for their families
- Pray for their journeys home

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# CYCLING



## FOCUS

What situations might you come across while you're out cycling?

- Cars, lorries, delivery drivers pass you
- You cycle passed someone on the path
- You see other people cycling

## IMPLEMENT

How are you going to respond to those situations while you are cycling?

- Wave to say hello
- Call hello or good morning/afternoon to those walking or cycling
- Stop to speak to someone (from a safe distance) if they are alone

## TIME

How can you pray into what you have experienced?

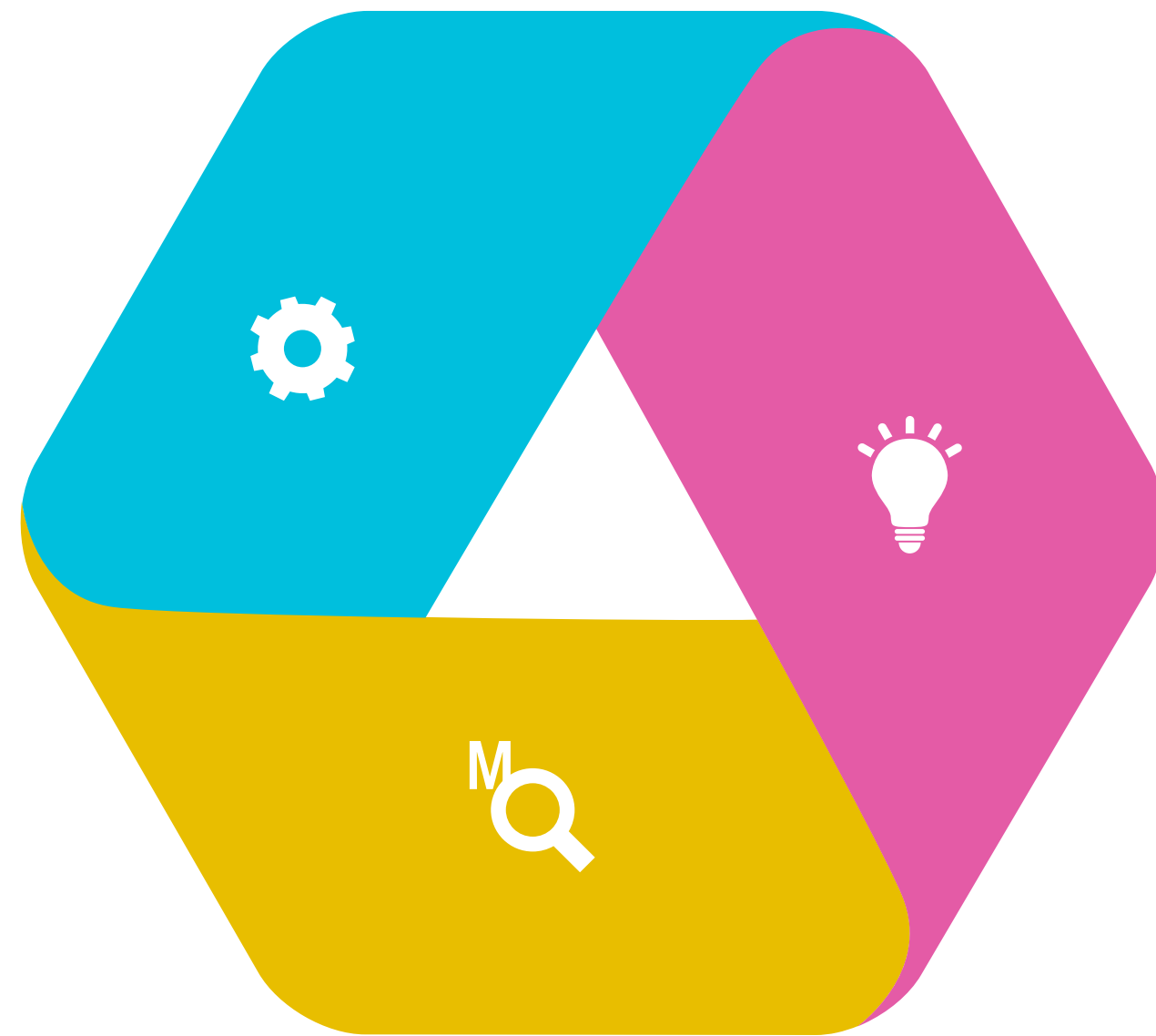
- Pray thanks for those who continue to transport goods to those who need them
- Pray safety over those who continue to travel to work because they are key workers
- Pray for safety for all those who leave their home for food, for exercise or to help others.

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# HOME WORKOUT



## FOCUS

What might you encounter while you're exercising?

- Who are you working out with - physically or virtually?
- Are you following a trainer?
- Are there people who might see you through your window or hear you through your walls?

## IMPLEMENT

How are you going to respond to those situations while you are exercising?

- How can you encourage those working out with you?
- Write a shoutout or post on social media before or after your session
- How could you give others an opportunity to encourage you?
- Could you link up with others while you exercise?

## TIME

How can you pray into what you have experienced?

- Pray thanks for your trainer and that they would stay safe and well
- Be thankful for those that encourage you in your exercising
- Pray for others who want to join in but lack confidence or physically can't
- Pray for families that are shared on the shout outs

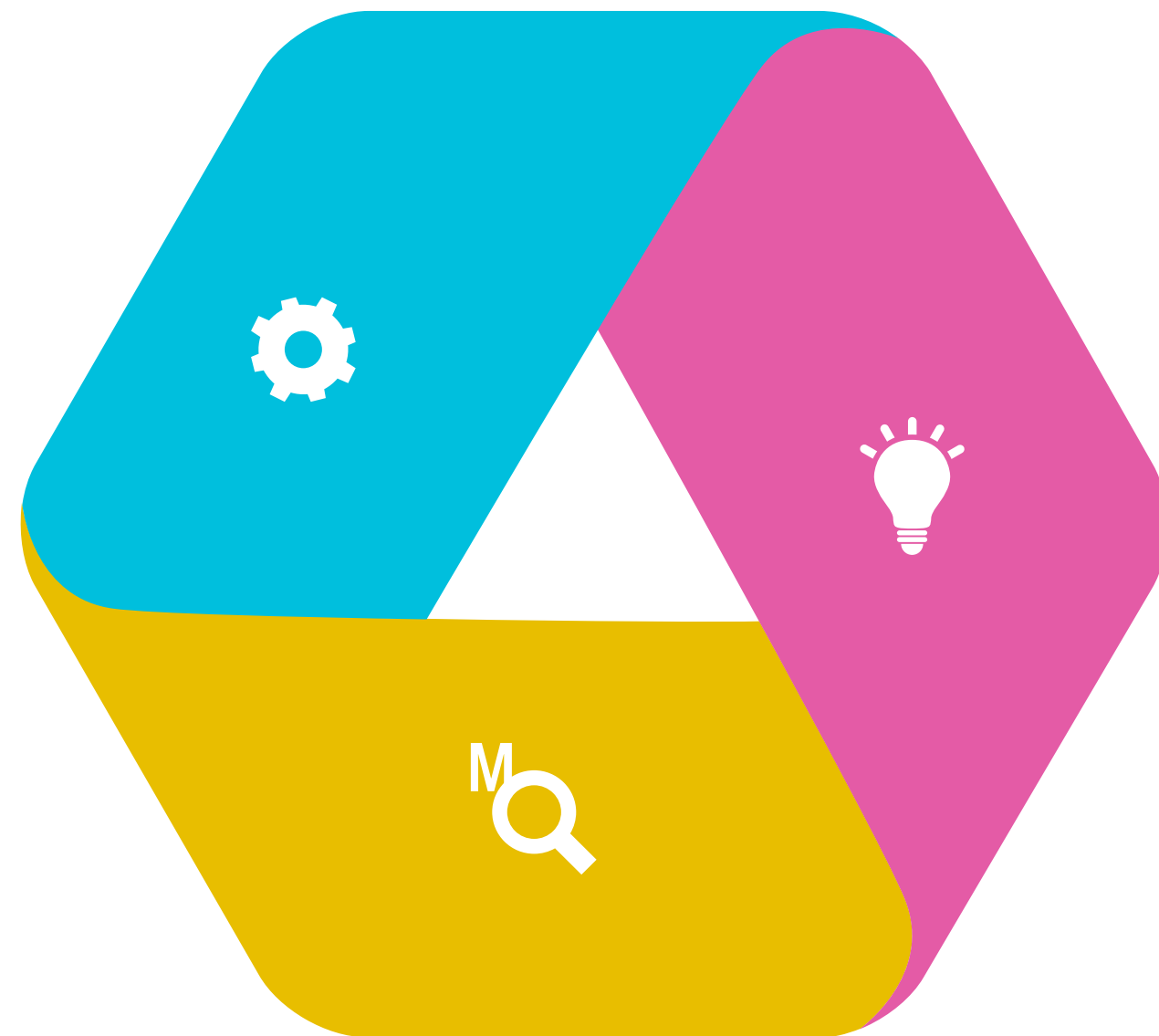


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# WALKING



## FOCUS

What situations might you come across while you're out walking?

- Someone on the path in front of you walking towards you
- Someone on the opposite side of the road walking along
- Someone walking ahead of you that you are going to overtake
- Someone stood still or sat down

## IMPLEMENT

How are you going to respond to those situations while you are walking?

- Say hello or good morning/afternoon
- Wave, nod hello, make eye contact or smile - it may be helpful to them!
- Could you stop and have a short conversation (from a safe distance) with the people you pass?
- Give others a compliment

## TIME

How can you pray into what you have experienced?

- Pray for the people you've seen and their families
- Pray for opportunities to pass them again to continue the conversations
- Pray that your contact with others may have a positive impact on their day