



SPORTS MISSION

# Venture Out Today *Bolt on*

AN EXTENSION TO VENTURE OUT TODAY

# 3A's Apply

How you apply each of the 5 ways to well-being is up to you, but here are some additional activities to apply these to:

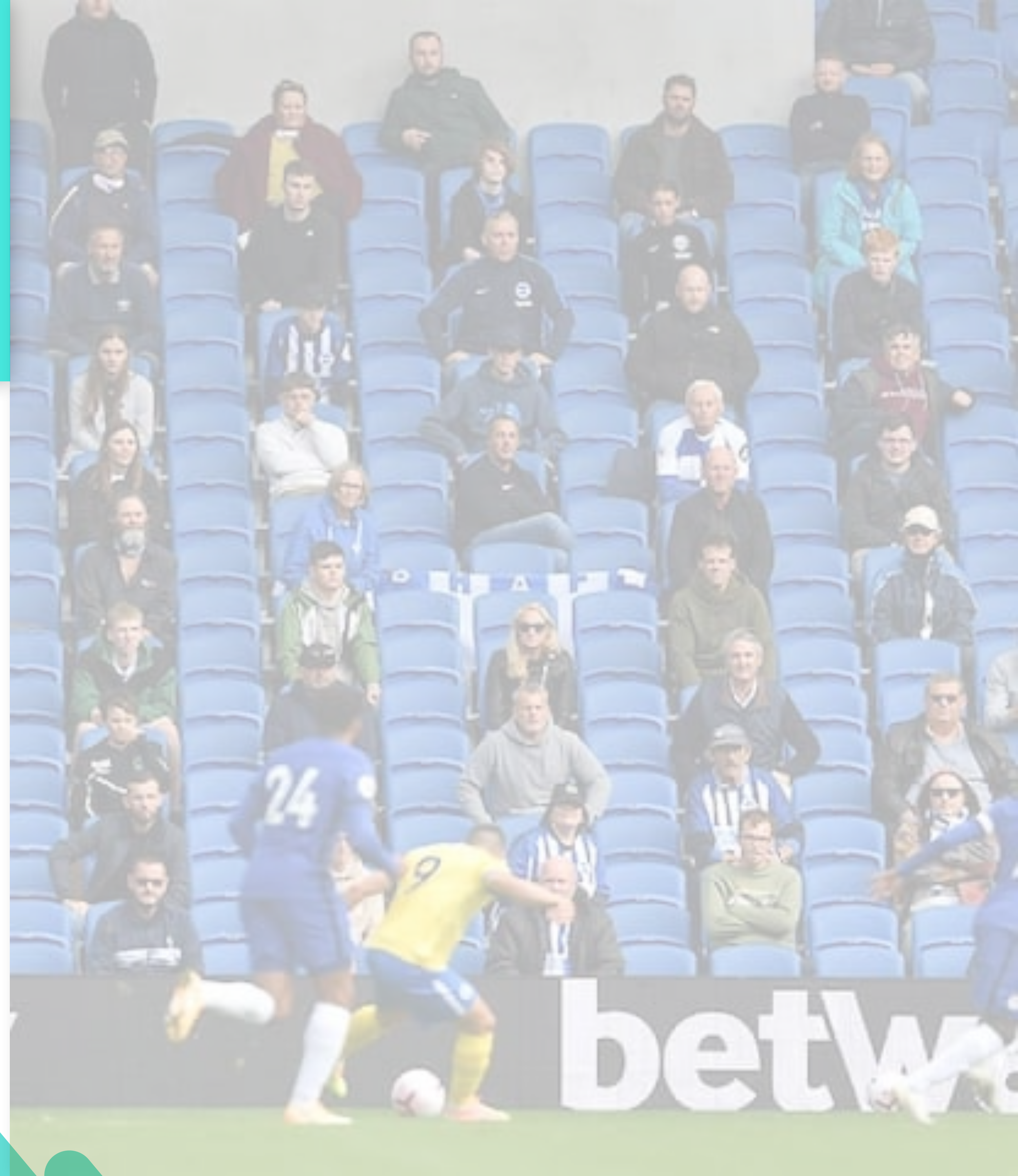
- Individual - for gym members, swimming or other solo fitness sessions
- Class - spin class, ballet/dance or martial arts etc.
- Team - volleyball, football or netball etc.
- Coach - for personal trainers, team managers/coaches, or family members that ferry others to training sessions
- Spectator - whether you're able to watch your team or sport live from the stadium or from the comfort of your armchair.



# Venture Deeper

## **ASSESS/ACTION**

These additional prompts are designed to help you put each of the 5 ways to well-being into action just where you are and to ground yourself in God's amazing creation. These are an extension to *Venture Out Today* to incorporate the additional practical activities outlined in the 3A's rhythms.



# Take Notice 3A's

- Individual: what have you missed whilst not being able to do your activity that you might have taken for granted before?
  - Individual: think about your performance; has anything changed and how is that helping/ hindering you?
  - Class: be aware of the others in your class or session, what emotions are they showing?
  - Class: can you pray for others and in doing so actively look for opportunities to make it known to them that you are supporting them in this way?
  - Team: arrive early to take notice of your training space; consider and pray for your team mates that might use that same space, equipment etc.
  - Team: what ways will your team mates benefit from having you around?
  - Coach: take notice of the attitudes of your players, helpers and parents, does everyone seem ok?
  - Coach: reflect on how you approach this training session, do you need to ask for support with something?
  - Spectator (from the stands): what sights, smells or sounds have you missed since you were here last?
  - Spectator (at home): how has the atmosphere of the sport you're watching changed? Why do you think this is?
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## ROMANS 12 (VERSES 1-2) PARAPHRASE ACCORDING TO SPORT DURING COVID-19

SO HERE'S WHAT MY DAILY REACTION NEEDS TO BE: TO TAKE MY NOT-SO-ORDINARY, EVERYDAY ACTIVITY AND EXERCISE LIFE, LETTING GO OF NEGATIVE OUTLOOKS AND MAKING MY DAILY ALLOWANCE OF TRAINING, SPORT, FITNESS AND RECREATION A GENUINE EXPRESSION OF WORSHIP, THANKFUL FOR ALL GOD HAS TO OFFER ME. TO STOP COMPARING MYSELF TO OTHERS AND TRYING TO BE SOMEONE I'M NOT, BUT BY

EMBRACING WHAT GOD HAS FOR ME IS THE BEST THING I CAN DO FOR HIM.

SO DON'T MEASURE YOURSELF AGAINST OTHERS AND TRY TO FIT IN, BUT ALLOW THE HOLY SPIRIT TO CHANGE THE WAY YOU SEE THINGS. BE QUICK TO SEE WHAT GOD WANTS FROM YOU, BOUNCING ON YOUR TOES READY TO RESPOND. YOU ARE PERFECT IN GOD'S EYES, SO LET HIM BRING OUT THE BEST IN YOU.

## **ASSESS**

- Ask God to remind you to slow down; to pause before, not rush through and reflect after your sport or training.
- Consider why it might be easy to get up and do, but harder to stop and take notice?

## **ACTION**

- Pray that God will give you opportunities to see and hear things so you can make a positive difference in people's lives.
- Pray that God will allow you to be a bright light to someone or to some people in your everyday exercising.

# Venture Deeper - Take Notice

# Keep Learning 3A's

- Individual: what have you learnt recently that you can apply to your sport or exercise as you return to it?
  - Individual: what skill or element of your fitness/ exercise would you like to improve? Be proactive in looking at how to do this.
  - Class: is there a new class you have wanted to try? Take the opportunity to push out of your comfort zone.
  - Class: have you considered learning how to instruct others in the class that you take?
  - Team: ask your teammates what new things they have learnt recently. Can they inspire you?
  - Team: what can you learn from watching other teams around you? Look beyond your own sport.
  - Coach: is there someone you could offer training to in order to develop their skills in leadership?
  - Coach: speak to other coaches/personal trainers; what new things are they pushing their teams or clients to try?
  - Spectator (from the stands): how much do you know about the history of the grounds where your team play or where your sport takes place and could you find out more?
  - Spectator (at home): how much do you know about the individual sports men and women that you watch? Do some research and consider praying for them.
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## ROMANS 12 (VERSE 3) PARAPHRASE ACCORDING TO SPORT DURING COVID-19

GOD HAS GIVEN ME GRACE TO SPEAK A WARNING ABOUT PRIDE AND TO PASS THAT BATON ONTO YOU. IT'S NOT ABOUT BIGGING OURSELVES UP AND THINKING OURSELVES BETTER THAN WE ARE, IT'S ABOUT HUMBLY KNOWING

THAT YOUR GOD-GIVEN FAITH IS THE MARKER TO MEASURE UP AGAINST, KNOWING YOUR TRUE VALUE IN GOD'S TEAM AND HAVING SELF ESTEEM THAT REFLECTS YOUR GROUNDING IN GODS WORD.



## **ASSESS**


- Where can you reassess previous achievements or learning experiences to understand more of what God wanted you to learn through these?
- Where has your self-esteem been low or knocked because you didn't feel you knew enough?

## **ACTION**

- Ask someone to journey with you as you learn something new
- Once you have achieved your learning goal, reflect on how you feel now and thank God for what you've learned along the way

# Venture Deeper - Keep Learning

# Connect 3A's

- Individual: are there people that you could make an effort to get to know when you arrive for your training session?
  - Individual: leave an encouraging quote somewhere for someone who might be doing the same training as you?
  - Class: is there someone new that has joined your class? Go out of your way to welcome them.
  - Class: who from your class have you seen before but never spoken to? Be intentional and get to know them
  - Team: is there someone you know who might be interested in joining your team or getting involved with your sport? Encourage them to find out more or invite them along.
  - Team: is there someone in your team that you find it hard to get along with? Think about a way you can change that.
  - Coach: who in your team do you not know very well? Intentionally get to know them.
  - Coach: speak to another parent and see how they are
  - Spectator (from the stands): speak to someone you might not have seen for a while or someone you've never spoken to and ask them how they are.
  - Spectator (at home): call someone you know that enjoys the same sport as you and stay connected while the game/race/competition is being aired.
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## ROMANS 12 (VERSES 4-6) PARAPHRASE ACCORDING TO SPORT DURING COVID-19

WE, AS HUMANS, ARE MADE OF NUMEROUS PARTS THAT HAVE TO WORK TOGETHER, BUT ARE EACH UNIQUE AND IMPORTANT. IT'S JUST LIKE THIS WITH THE PEOPLE OF GOD; WE ALL NEED TO WORK TOGETHER BUT EACH OF US HAVE SOMETHING TO CONTRIBUTE - WE ARE CRUCIAL IN OUR ROLE BUT LIMITED ON OUR OWN. A STRIKER OR A WICKET KEEPER CAN ACHIEVE VERY LITTLE ON THEIR OWN.

GOD'S MARVELLOUS GRACE IMPARTS TO EACH ONE OF US DIFFERENT GIFTS THAT HE HAS PLANNED FOR US, AND ONLY US, TO SHARE IN OUR OWN WAY WITH OTHERS.

SO WHATEVER GRACE-GIFT GOD HAS GIFTED YOU, USE IT TO YOUR FULL ABILITY.

IF YOU COACH, ENCOURAGE AND SUPPORT WITH ALL YOU HAVE, REMOTELY IF NEEDED, WITHOUT JUDGEMENT; IF YOU SUPPORT FROM THE SIDE LINES, CHEER EVERY PERSON WITH EQUAL PASSION; IF YOU COMPETE, COMPETE FAIRLY AND TRAIN TO WIN BUT CONGRATULATE HUMBLY, AND WHEN YOU WIN, DO SO GRACEFULLY WITHOUT FANFARE. IF YOU LEAD, LEAD WITH PASSION AND BY SETTING AN EXAMPLE TO OTHERS.

## **ASSESS**

- What opportunities to combine your grace-gift with someone else might you have previously missed that you now need to take?
- What has been the best experience you've had when you have connected sporting abilities with another person?

## **ACTION**

- Actively take notice of people who might not have had the opportunity to connect with others and who may feel isolated; what can you do to support them?
- Look to apply sporting examples of teamwork that you might have seen in the media to your own team, class or sporting context.

# Venture Deeper - Connect

# Be Active 3A's

- Park a little further away from your fitness session and walk the rest of the way.
- If the weather allows, watch your sport outside rather than indoors.
- Consider ways to be proactive in your sport and fitness beyond the physical active-ness that you are already doing e.g. what could you do more of?

## ROMANS 12 (VERSES 9-13) PARAPHRASE ACCORDING TO SPORT DURING COVID-19

HAVE THE ENERGY AND ENTHUSIASM TO SERVE THE LORD, AND KEEP YOUR FIRE BURNING. SHOW TO OTHERS THE IMPACT OF THE HOLY SPIRIT THROUGH WHO YOU ARE, RUN FROM AND PLAY IN DEFENCE OF THOSE PLAYING DIRTY; HOLD ON TO GOOD PRINCIPLE AND BE HUMBLE. ALLOWING HIM TO CONSTANTLY RECHARGE YOUR EXCITEMENT FOR DOING HIS WORK AND CONTENT WITH SECOND PLACE.

LET HOPE SHINE THROUGH YOU, SHARING JOY ALWAYS WITH OTHERS AND BUILDING THEM UP. DON'T GIVE UP WHEN IT'S NOT GOING YOUR WAY, WHEN RULES CHANGE, AND WHEN TEAM MATES AREN'T PHYSICALLY AROUND YOU. KEEP COMMUNICATING WITH GOD. KEEP YOUR EYES ON THE NEEDS OF OTHERS (AND YOURSELF!) AND DON'T BE AFRAID TO HELP OR ASK FOR HELP. EAGERLY WELCOME ALL - EVERYONE'S PART OF THE TEAM!

## **ASSESS**

- When have you most felt a passion to actively share Gods word through sport?
- What have you found hardest about rules changing and has that impacted your ability to actively share your faith?

## **ACTION**

- Make a note or list of the things you are actively wanting to achieve in bringing your faith and sport together. Put it somewhere to be a visual reminder of your goal.
- Pray for people to work along side you while actively seeking opportunities to be more active and proactive in your sport and faith.

**Venture Deeper - Be Active**

# Give 3A's

- Individual: allow someone else to use the equipment you wanted to use next.
- Individual: leave money in the vending machine as credit for someone else to use.
- Class: encourage your trainer, take the time to thank them and have a conversation at the end of the session.
- Class: encourage someone else in your class for something they did during the session.
- Team: take refreshments (and hand sanitiser) to a training session or game for everyone to enjoy.
- Team: offer to clear away equipment at the end of the session so others can leave earlier or to save someone else a job.
- Coach: in a particular session, ensure you give every member of your squad or every client a compliment about something other than their performance.
- Coach: ensure you give time to yourself, maybe you need to do that before you give time to others?
- Spectator (at home) is there a game or competition that you know someone would like to watch that you have access to? Give them your access code for the day to enable them to watch it - even if that means you can't.
- Spectator (at the stands) buy someone a drink to keep them warm or cool or pay for the person's drink that's behind you in the queue on your way to the game.



## ROMANS 12 (VERSES 14-16, 20/21) PARAPHRASE ACCORDING TO SPORT DURING COVID-19

BLESS EVERYONE (INCLUDING THOSE WHO HAVE BEEN YOUR OPPONENTS OR OFFICIALS), DON'T FORGET ANYONE WHILE THEY'RE NOT IN PLAIN SIGHT) DON'T BAD MOUTH UNDER YOUR BREATH OR BEHIND YOUR FRONT DOOR. CELEBRATE WITH PLAYERS, ATHLETES AND NEIGHBOURS WHILE THEY CELEBRATE AND DON'T BE AFRAID TO SHARE THEIR TEARS WHEN THEY'RE DOWN.

GET ALONGSIDE ONE ANOTHER, DON'T THINK YOURSELF TOO GOOD OR BE ELITIST. YOU ARE NOT TOO IMPORTANT TO SERVE OTHERS TOO.

FIND NEW WAYS OF FRIENDSHIP AND RELATIONSHIPS WITH THOSE YOU CONSIDER WEAK PLAYERS, AND MUCK IN IN THE MENIAL TASKS WITH THOSE HUMBLE ENOUGH TO DO THEM. DON'T THINK YOUR TOO GOOD FOR THEM OR BE SMUG.

IF YOU SEE SOMEONE STRUGGLING, HELP THEM! HOLD THEM UP IN PRAYER, SEND A MESSAGE, GIVE THEM A CALL TO GIVE WORDS OF ENCOURAGEMENT. WIN PEOPLE OVER WITH KINDNESS. LET THE CHALLENGES AND SET BACKS MAKE YOU EVEN STRONGER AND ACHIEVE MORE, GET THE BEST OF THE WORST BY SHOWING GOD.

## **ASSESS**

- Where have you passed on giving your time to a task because it seemed too menial? Can you do something about that?
- What is the best thing you've ever achieved as a result of giving something?

## **ACTION**

- Ask God to show you if there is something you need to put down in order to give something else.
- Actively seek the people that would have been forgotten while not in plain sight and ask them what they need.

**Venture Deeper - Give**