

Explore It

FOR LEADERS



SPIRITUAL EXERCISE

1 Timothy 4:7-8; 1 John 2:24-25

A sports person has to practise, train and exercise regularly if they want to get better at their chosen sport. They have to cultivate lots of healthy habits to grow. There are lots of 'spiritual exercises' that we can practise, to help us stay spiritually fit and to grow in our faith, such as: prayer, meditation, worship, giving, meeting with our prayer partner/discipler.

It's not always easy, though. Just as we don't always like exercising or eating healthily, we won't always feel like going to church, taking time to read the Bible or to pray. But these habits are vital if we are to grow strong in faith and they can keep us going when life gets us down and we feel like quitting.

Each child will need:

→ Pens/pencils and paper

You will need:

→ Pens/pencils and paper

→ Filming equipment (optional) —see Action It section

Start It

Ask:

→ What is your favourite way to exercise or keep fit?

→ What is your favourite sport?

Listen to the sounds in the clip and see if you can guess the sport.

Video

Screenshare: *Guess the sport - 10 sport sounds to guess* by Mister Teach (4 mins 10 secs)
(Some of the sounds are very short, so you may wish to replay them before guessing the sport.)

<https://www.youtube.com/watch?v=1qY4uCrcZkl>

Ask: Which of the sports from the quiz would you most like to try?

Sing It

Today's song has been chosen to get you dancing and get your body moving. The words don't show on the clip but all you need to remember is:

'Be exalted, O Lord, our God,

Oh yes, you reign.

Oh ...

We lift you up.

Mighty, (you never fail)

Saviour, (your love endures)

Faithful, (you never change)

Jesus (our God for ever).'

See if you can join in with the dance moves.

'Be exalted' by Watoto Children's Choir (3 mins 27 secs)

https://www.youtube.com/watch?v=r0_J2uDyCKk

Tell It

🗨️ **Say:** A sportsperson has to practise, train and exercise regularly if they want to get better at their chosen sport. They need to develop lots of healthy habits in order to improve and grow. As Christians we need to do the same.

🗨️ **Say:** Here's what the Bible has to say about why spiritual exercise is important.

Screenshare:

'Keep yourself in training for a godly life. Physical exercise has some value, but spiritual exercise is valuable in every way, because it promises life both for the present and for the future.'

— 1 Timothy 4:7-8 (GNT)

Ask: Why do you think it is important to stay spiritually healthy?

Video

Stop the clip at 2 mins 55 seconds.

Screenshare:

1 Timothy 4:8 - The value of godliness by Young Hearts Media (3 mins 59 secs)

<https://www.youtube.com/watch?v=yFxGRsJAxmU>

Discuss:

- ➔ Would you like to run a marathon? If so, what do you think you would find challenging?
- ➔ Do any of you know someone who has run a marathon? What kind of training did they have to do?
- ➔ What does the clip say is greater than training our bodies?
- ➔ What kind of things do we need to do to train ourselves in godliness?
- ➔ How are you growing your spiritual muscles? In what ways could you improve your training programme?
- ➔ What spiritual training goals could you set yourselves as young Christians?

List

Create a list of spiritual training goals together and ask the children to choose one to try over the next few weeks.

Ask each member of the group to share their training goal and what they are going to do to achieve it.

🗨️ **Say:** The Bible reminds us that we need to keep following God's teaching throughout our lives, from the moment we become a Christian right through to the end of our lives.

Screenshare:

'Be sure that you continue to follow the teaching that you heard from the beginning. If you continue in that teaching, you will stay in the Son and in the Father. And this is what the Son promised to us – life forever.'

— 1 John 2:24-25 (ICB)

Action It

- **Say:** Whenever there is a film about a sporting triumph, it usually has something call a 'training montage'. The montage contains lots of clips of the athletes training for their event.
- **Say:** In the film *Kung Fu Panda*, Panda wants to become the greatest Kung Fu fighter of all time. To do that he must train hard. Watch the training montage from the film *Kung Fu Panda* and jot down all the different things Panda has to do as part of his training.

Video

Screen share: *Kung Fu Panda (2008) - Kung Fu Training Scene* by Movie Clips (3 mins 45 sec)
<https://www.youtube.com/watch?v=zvY-EPgYB4Y>

Leader's Note: It's not necessary to watch the whole clip; the children just need an understanding of the components of a training montage:

- examples of the different exercises needed to improve
- guidance and wisdom from a wise teacher
- completion of a particularly difficult task - like climbing a mountain
- motivational music

Create

Ask the children to imagine they are film directors and they need to create a Christian training montage. Their main character is training to become an amazing disciple of Jesus.

Ask them to think of all the different 'exercises' the Christian would need to do to grow as a disciple.

- What kind of wise teacher could they include?
- What difficult tasks could be undertaken to show progress?
- What motivational music could they choose?

Through this creative activity, the children will get an opportunity to discuss all the different ways we can grow as Christians and train to be better disciples of Jesus. The children may also wish to respond in other ways such as through drawing storyboarding sections or acting them out.

Optional: If you, or the children, have the technical know-how, then you could film the different montage clips and put them together with your choice of motivational music. Note: If you decide to upload to social media or use the video clip in public, be sure to obtain the appropriate permissions.

Pray It

- **Say:** Part of staying spiritually healthy is praying to God regularly. It's something that all Christians need to do to stay spiritually strong. Jesus trained his disciples how to pray and we can learn from his example.

Video

Screenshare: *Jesus prayed* by LifeKids (1 mins 28 secs)
<https://www.youtube.com/watch?v=S81k0SCzOCY>

- **Say:** To close our time together, we're going to read the prayer that Jesus taught to his disciples.

Screenshare: Read Matthew 6:9-13 (*ICB*)

'So when you pray, you should pray like this:

"Our father in Heaven, we pray that your name will always be kept holy.

We pray that your kingdom will come.

We pray that what you want will be done, here on earth as it is in Heaven.

Give us the food we need for each day.

Forgive the sins we have done, just as we have forgiven those who did wrong to us.

And do not cause us to be tested;

but save us from the Evil One.

The kingdom, the power, and the glory are yours forever. AMEN."

Explore It

Remember to send home the Explore It (For Me) and Explore It (Together) ideas for children and families.