

Explore It FOR ME



TRUSTING OUR COACH

Hebrews 12:1-2a Follow Jesus' example

Here are some ideas and activities you could do on your own



Discover

What activity do you take part in, or what skill are you learning?
In what ways would you like to improve at that skill?
Who could you ask for help?
Find one top tip to improve at your skill and try it out over the coming weeks.



Create

What do you think you need to do to strengthen your faith? Is it to pray more? Or to trust Jesus, our coach? Or to put our faith into practice?
Whatever it is, create a message or little sign for yourself and pop it in your shoes. So at the beginning of every day when you get out your shoes you get a reminder of what it is you want to do. (Don't forget to take the signs out before you put your shoes on!)



Pray

During the prayer time this week, everyone in the group shared what makes it harder for them to run their spiritual race. Can you remember what your friends shared? If you can, spend time praying for everyone in the group, asking our heavenly coach (Jesus) to guide them and keep them running.



Give Thanks

Are you in any clubs?
Is there anyone who regularly coaches you in music, dance, drama or sports?
If the answer is yes, then take the time to write them a thank-you card or message to show that you appreciate all their hard work and support.

KIDS ALIVE! ONLINE

<https://www.salvationarmy.org.uk/kidsalive>

Kids Alive! The UK's only weekly Christian comic – is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!

