

THE BIG CLIMB

EXERCISE. REFLECTION. WELLNESS.



CONTEXT

Welcome to this special resource which has been created specifically with the **30 TALLEST BUILDINGS CHALLENGE** in mind.

THE BIG CLIMB resource 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 challenge.

How you fit the material around your day or throughout the challenge 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 three questions as part of your daily your wellness, but there's no right or wrong way.

If you're walking or climbing a particularly tall flight of stairs, you may even be able to work through the questions whilst you step or in the moments you pause and breathe, just look out for other people!

For each heading there are three P's - Pause, Pray, Prepare.

These points are designed to help you practically and intentionally take the content beyond the session, linking with the heading and an element of the scripture as well as your steps!

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 other challengers may lead you on to further questions not included as the discussion develops, allowing your discussions to impact your exercise, faith and wellness in your every day lives.

We pray that this material enhances your journey with God, and helps you to connect your climbing challenge and your faith in a way you perhaps have never done before, and encourages you anew to share your 'story' of faith with others.

TRUST



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**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 climb today, start with the end in sight. Where are you headed?

'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 climb, pray that your ears will be open to his word.

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'.

Could this be God's plan for you in your life?

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

IMPLEMENT



1

PAUSE

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

What things have been more difficult or easier to achieve?

Who has God put on the staircase for you to pass or journey with?

2

PRAY

Pray for a situation that you or someone else might be in where you might not be able to see the whole staircase, but in faith, are taking one step at a time.

Pray that God will remind you of this as you add to your step count today.

3

PREPARE

Write out or print the bible verse from this resource and keep it with you today.

How might the words impact you today?

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

TIME



1

PAUSE

Consider how you've made time to take stairs rather than lifts, to intentionally make more journeys upstairs or downstairs to contribute to your total.

Where have your ears heard God's word as a result of this?

2

PRAY

Ask God to challenge you to hear more of him, guiding your lefts and rights beyond this challenge.

Pray for God to spur in you the intention to make time for other things as you have done for this challenge.

3

PREPARE

Is there someone else you know facing challenges just now?

Commit some time to praying for them and/or calling them to ask if you can support them in some way

Don't limit your challenges, challenge your limits.