



elev8

life on another level

Student Workbook

YEAR 1

Life and Action
Exercise

Bible Readings

1 Corinthians 9

1 Timothy 4

2 Timothy 2

2 Peter 1



Learning Outcomes

At the end of this week you will be able to:

- Locate the theme of physical exercise in the Bible
- Express the theme or story in your own way
- Apply your learning from the story to your own family and community

Notes from Bible Reading

Scripture A word or phrase that stood out to me:

Observation What is happening in this Bible reading?

Application Something that I learned about who I am or how I should live:

Prayer What I would like to say to God, ask of God, or what I think God is saying to me:

Key Question What does the Bible say about exercise?

Engage

Go around the group and share one thing for each heading that has happened since you last met :

- Plus – What has been good or enjoyable ?
- Minus – What has been difficult or painful ?
- Interesting – What has been unusual or thought provoking ?

Tell the group about your favourite sport (either participating or watching).

Explore – Locate

- *What stood out to you in the Bible readings this week?*
- *What did you find meaningful or significant?*
- *Is there anything that you didn't understand or found confusing?*
- *Any questions or comments you may have?*

Read together: 1 Cor 9:24-27, 1 Peter 5

Early on in the history of the church there were a number of big questions that needed to be sorted out by the Christians of the day.

Whilst they all agreed that Jesus was significant, they weren't so sure about all of the details. One of the questions they asked was related to whether Jesus was really a man or whether he was really God.

Some people of the time thought that spiritual things are good and physical things are evil – and so it was impossible for Jesus to have had a physical body.

Others thought that Jesus physical body was just a shell that contained the spirit of God.

But the early church was not happy with either of these ideas. Jesus was both fully God and fully Man.

And this has made a big difference in how we view ourselves. The important message is that our physical bodies matter to God.

God cares if his people are hungry, or thirsty or naked and cold.

We are a mix of physical and spiritual and what we do with our bodies matters.

The Bible does not lay out a physical training program for us! It does suggest however, that we should care for our bodies as instruments in God's service, and we know the importance of exercise as a part of that.

Beyond the simple benefit of physical exercise enabling us to live more fully and serve more effectively, physical exercise can also help develop in us "virtue" or the capacity to do good in difficult circumstances.

Through exercise we can learn to persevere when things, to set and achieve goals, to follow through on promises, to bounce back from setbacks. These qualities are invaluable in the Christian walk.

A danger is, particularly in our culture, that physical training can become an end in itself. We can get caught in the trap of exercising so that others will be impressed with us, or because we are unhappy with the body that God has given us and want to change it.

A Biblical approach to exercise will ensure that our physical exercise helps us to develop spiritual strength as well.

Explore – Express

Draw a picture of your favourite athlete.

Around this person list qualities that they have that enabled them to become great at what they do.

Now draw a picture of an athlete who has been disgraced.

List the weaknesses in their character that may have led to this happening.

Explore – Apply

- Compare your list to the qualities listed in 1 Peter 5-7
- Which of these qualities would be of value in the Christian walk?
- How could you develop these qualities through your physical exercise?
- What is one thing that you can do this week as a result of what you have learned?

Extend

Discuss with your group the challenges you are tackling. Use the time to ask for any help you might need, or to work together on any shared projects that you have.

Questions that may be helpful include:

- What challenges are you working on at the moment?
- Do you need any support or assistance?
- Are there any challenges that you have completed that we need to recognise and celebrate?
- Are there any new challenges that you want to work on?

Encourage

Tell another student in your group something you value or appreciate about them.

Pray for your physical health and wellbeing.

Give thanks for the body that God has given you.

Ask for a specific physical need that you have.