

Olympic Challenge LMB 2012

This is my fitness step – I got it out from under the bed in the spare room!

How many step-ups do you think you could do in 30 seconds?

Well that challenge is just to get you thinking about all the athletes who are arriving in our country in pursuit of an Olympic Medal.

They will have trained long and hard using all the different equipment and resources available to them. They will be eating the right food and getting the right amount of rest and exercise.

Now as Christians we need to be in training too: spending time with Him and for Him, feeding on His word.

I am sure if I ask you if you had a favourite verse from scripture you would be able to tell me! We could call these our Olympic verses, as they are so special to us.

Well this week with the visit of the Olympic Flame to Canterbury my mind turned to find you some Olympic verses.

Can find 5 Olympic Rings and 5 matching statements.

For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life. John Ch3v16

= God cares for the whole world.

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, Hebrews Ch12v1

= God gives us a unique path to travel.

He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will

soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah Ch4v29-31
= God helps us when we fall.

Commit to the Lord whatever you do, and He will establish your plans. Proverbs Ch 16v3
= Give everything to God.

But the Lord is faithful, and He will strengthen you and protect you from the evil one. Thessalonians 3:3
= God protects and strengthens.

Lets read out these statements and verse.

Now lets pray together using the prayer on the screen

A Torch Relay Prayer

As this light travels our nation,
may your light, O God, shine in the hearts
of all who gather to celebrate the energy,
skill and dedication of others.

Send your Holy Spirit
to light up our lives
and set our hearts on fire with love for you;
through Christ our Lord.

Amen.