

# Free and Fit – Education

## About the Free & Fit Course

The Free and Fit course has been created to build strong social skills, develop healthy physical bodies and instil a well balanced and sound mind. Participants who complete the full course will learn how to work effectively with others and develop a discipline of power, love, and self control.

## Free & Fit Approach

The course will be fully completed in December 2017, this is an example of what to expect with some basic ideas of how to use this sample resource.

## Instructions for Group or Individual Facilitator

1. Select a sport and space where you want to exercise, book a date and time to meet and invite your friends!
2. Before exercising ensure the space is safe and that no participants are experiencing any illnesses or injuries.
3. Set up a structure of three different exercise routines which you can introduce, read and reflect upon the selected bible verses.
4. In the welcome and warm up introduce the topic and ask the members what they believe the topic to mean.
5. Read the verses in order before each exercise and ask the group to think about the verses during the three different exercise routines.
6. Reflect on the verses and topic at the end of session during a warm down and discuss the answers to each verse and questions at the end of the workout.

## Bible Verses for Discussion On Education

1. Deuteronomy 4:10  
"Gather me the people together, and I will make them hear my words, that they may learn to fear me all the days that they shall live upon the earth, and that they may teach their children."
2. Psalm 25:4-5  
"Show me thy ways, O Lord; teach me thy paths. Lead me in thy truth, and teach me."

3. 2 Timothy 3:14-15

"But continue thou in the things which thou hast learned and hast been assured of, knowing of whom thou hast learned them; and that from a child thou hast known the holy scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus."

4. James 1:5

"If any of you lack wisdom, let him ask of God...and it shall be given him."

5. Colossians 2:8

"Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, the rudiments of the world, and not after Christ."

## Questions to be asked at the end of each verse

1. How does this verse relate to this topic
2. What does this verse mean to you/me?
3. How can we challenge ourselves with the verses we heard during the exercises?

## Time of Prayer and Reflection

Think about a time of thanksgiving and outward reflection. Simply praise reports and prayer requests.

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