

# Free and Fit – Introduction

## About the Free & Fit Challenge

The Free and Fit Challenge has been created to renew the mind, build strength, break personal bests, develop relationships and transform bodies. Participants who complete the full course over 12 months will learn how to work effectively with their team members to build strong values of power, love, and self discipline.

## Free & Fit Approach

The course will be completed Dec 17, 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. In the welcome and warm up introduce the topic and ask the members what they believe the topic to mean.
4. Read the verses in order before each exercise and ask the group to think about the verses during the three different exercise routines.
5. 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.

## Five Verses. 5 Questions.

1. **Galatians 5:1 (a)** 1 It is for freedom that Christ has set us free.  
*Question to consider:* What is freedom to you? Define it in emotional terms, What it means to you when you are free and without fear.
2. **1 Corinthians 8:9** 9 Be careful, however, that the exercise of your rights does not become a stumbling block to the weak.  
*Question to consider:* How have you found freedom in the past? Consider how you can help others with this encouragement.
3. **1 Corinthians 6:12 (a)** 12 Everything is permissible for me, but not everything is beneficial.

*Question to consider:* What is freedom to you? Define it in physical terms of being able to walk and feel safe where you are living and/or working.

4. **2 Corinthians 3:17** 17 Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.

*Question to consider:* What pathways are you following to find freedom today? Pos/Neg?

5. **Psalms 112: 1** Give thanks to the LORD, for He is good; For His loving kindness is everlasting.

*Question to consider:* How can you use this encouragement to help you find freedom in 2017? Think about practical ways moving forward this year. Start small and think about just one thing that you can do in February.

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

Why is this topic important?

What does this mean to us/me?

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.

## UK London Contact Details:

**Contact:** Roger Phillips

**Address:** Meet at St Mark's Church,  
Next to Oval Tube,  
337 Kennington Park Road  
London SE11 4PW

**Email:** [freeandfitlondon@gmail.com](mailto:freeandfitlondon@gmail.com)

**Telephone:** 0044-7799692493

## US New York Contact Details:

**Contact:** Timothy Cheux

**Address:** Meet at Central Park,  
Next to Pulitzer Fountain,  
764 5th Ave,  
New York NY 10019

**Email:** [freeandfitnewyork@gmail.com](mailto:freeandfitnewyork@gmail.com)

**Telephone:** 01-201-774-4133

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