

# Free and Fit – Worry

## 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 Worry

1. Romans 11:30 New Living Translation  
Once, you Gentiles were rebels against God, but when the people of Israel rebelled against him, God was merciful to you instead.
2. 1 Corinthians 10:27 New Living Translation  
If someone who isn't a believer asks you home for dinner, accept the invitation if you want to. Eat whatever is offered to you without raising questions of conscience.

3. Philippians 2:14-15 New Living Translation  
14 Do everything without complaining and arguing, 15 so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.
4. John 1:4-5 New Living Translation  
The Word gave life to everything that was created, and his life brought light to everyone. 5 The light shines in the darkness, and the darkness can never extinguish it.
5. Proverbs 3:5-6 New Living Translation  
Trust in the LORD with all your heart; do not depend on your own understanding. 6 Seek his will in all you do, and he will show you which path to take.

## 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.

## 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  
Telephone: 0044-7799692493

## US New York Contact Details

Contact: Timothy Cheux  
Address: Meet at Time Warner Centre,  
10 Columbus Circle, Site 210,  
New York NY 10023  
Email: freeandfitnyc@gmail.com  
Telephone: 01-201-774-4133

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