

# Free and Fit - Distractions

## 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.

## Verses to be used during the Session

1. Ephesians 5:15-16 So, then, be careful how you live. Do not be unwise but wise, making the best use of your time because the times are evil.
2. Proverbs 3:6 think about Him in all your ways, and He will guide you on the right paths.
3. 1 John 5:21 Little children, keep yourselves from idols.
4. Luke 10:38-42 As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. Her sister, Mary, sat at the Lord's

feet, listening to what he taught. But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me." But the Lord said to her, "My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."

5. Mark 6:31 Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat.

## 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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