



Fit 4 Gold: Being Chosen Full Plan



Aim: You are worth more than gold

- To get everyone to feel chosen rather than overlooked. God never overlooks anyone. He wants to choose you to be on his team but you must also choose to be there.
- How to qualify for being on the team / in the competition
- To show them their value in the eyes of God

For strong Christian groups who know they are part of God's family, a deeper challenge may be needed such as:

- To explore the theme of gifts and how to use them to serve God
- Not being complacent about our Christian life. Matthew 7:21: "Not everyone who calls out to me ..."

Theme verse

Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. Ephesians 1:4-5 NLT

Other Bible references – full details in Bible verses document

Ephesians 1:4-5 ...chosen before the earth was made...

1 Corinthians 1:26-27 God chose the foolish to shame the wise, the weak to shame the strong

1 Samuel 16 – David chosen to be king

Acts 13:22 –'I have found David, a man after my own heart...'

Food link (small groups)

Depending on the size of your group and your funds, it helps to include food at some stage in your session. Examples:

- David's family celebrated when he was anointed as king. Samuel had brought a calf to sacrifice. Small groups could have some roast beef crisps or share some 'Celebration' chocolate or some other celebratory food.
- Give out give out sweets as people are chosen in one of the games– the emphasis is not on winning here but on being chosen.

Songs – see Music ideas

I'm not just here to use up air: from 'Okey Dokey'

The incredible song: from 'Okey Dokey'

Inspirational & Motivational Sports Moments

There are a selection of various sporting clips available that show challenges, setbacks and triumphs. Check your church's copyright policy.

Large groups

Some kind of 'opening ceremony'

High energy warm up stuff – use your theme song perhaps. Have some younger leaders lead some warm-up exercises to some lively music. Have a couple of lively songs either Christian or secular with or without actions. See Music ideas

Games theme: Choosing - full details in Games Ideas

Try to avoid situations where people may feel left out or else use this as a discussion opportunity.

Conjuring/card trick: If you have someone who is good at card tricks, use a conjuring trick based on selecting cards.

Choose a rep game in teams – choose reps from your team to...

You can cut this list down or add ideas of your own here

If practical give out sweets as people are chosen – the emphasis is not on winning here but on being chosen. Be flexible and random – find any excuse for choosing people! Ensure that everyone is chosen for something – except that last one.

- Run a sack race
- Space hop across the grass
- Pogo stick
- Limbo dance
- Throw a wellie the furthest
- Hold their breath the longest
- Join the music group in church
- Join the coffee rota if needed
- Set up the DVD for me if I need help, which I probably will!
- Make a banner that says 'You are worth more than gold'
- If someone needed encouraging, who in your group would be good at that?
- Is there anyone you would enter for Britain's Got Talent?
- Choose someone who is going to be famous in 10-15 years time!! (They can't know this of course which is the whole point)

Sport personality/celebrity links: details in Sports Links Profiles

How does an athlete get picked to represent their country at the Olympic Games?

Qualifying

Keri-Anne Payne hit the headlines last July because she was the first British athlete to qualify to compete in the London 2012 Olympic Games. She did this by once again becoming the World Champion in the 10km open-water race in Shanghai. "Everything I have done for the last 3 years has been geared around making the Olympic team. I've had to go through four stages of qualification to secure my place. The process was long but absolutely worth it."

Young talent

Tom Daley is famous because he was only 14 when he first represented GB at the Games in Beijing in 2008. He was one of the youngest-ever Olympic competitors. Tom was talent spotted by a coach at a young age and has been winning competitions ever since.

The right place, the right time

In 1896, **John Boland** competed because he happened to be on holiday in Athens and he won the gold medal for tennis.

Willing to have a go/ try/ attempt a new challenge

Eric ‘the Eel’ Moussambani wasn’t chosen to compete in the Olympic Games because he was the best at swimming. In fact he couldn’t swim at all. He was chosen because he was willing to learn. So, aged 21, with only 8 months to go, he started to learn to swim in a 20m pool.

Desperate and determined

‘**Eddie the Eagle**’ as he came to be known was chosen to compete because he was determined to be chosen and was prepared to go to extreme lengths to ensure that he was chosen.

Although he was a good downhill skier, desperate to make his dream of competing in the Olympics come true, he switched to ski-jumping. This was despite the fact that there are no ski jumps in England and even Scotland doesn’t have enough snow to allow the sport to be pursued seriously...

Can you be dropped from a team or lose a medal once gained?

- In 1904 Fred Lorz was caught taking a ride in a car for part of his Marathon run!
- In 1988 Ben Johnson won the men’s 100 metres gold but then failed the drugs test. It was very sad.
- The GB women’s 400m relay team came first in the Commonwealth Games in 2006 but then someone raised an issue about the baton change and they were disqualified.

Bible links

You could focus on one character or say a little about several. Bitesize things work well with this age as their attention span can be short.

Suggestions:

David: 1 Samuel 16

Chat to them about when God chose David as king. Perhaps read out 1 Samuel 16:11-13. (I do like to read at least a couple of verses directly from the Bible at some point regardless of the type of group.)

David was overlooked because he was the youngest. He had probably not yet ‘come of age’ which was 13 in that culture, so he was perhaps around 10-12 years old. Sport and warfare training overlapped back then. David was probably already good at sports such as archery and slingshot. He was as yet too young for those around him to see David’s full potential



God chose him as the future king – only he could see the sort of person David was going to become and knew his gifts & character better than David himself or anyone else. At this stage it was a secret and most people in his country had not heard of him.

Saul: 1 Samuel 9 – 10:1

Saul being chosen as king is a less familiar but very appealing story. 1 Samuel 10:17-24 shows that Saul didn't feel he was good enough but God chose him anyway.

Paul: Acts 7:55-8:3; Acts 9:1-16; Acts 22:14-15

Saul/Paul became a very unexpected new team member for the Christian squad. He was chosen by God despite being a rebel.

Other Bible characters

You could include people like:

1. Mary was chosen even though she was only a teenager from a remote village
2. Ruth was chosen even though she was the 'wrong nationality'.
3. Peter was chosen even though he was a working class fisherman with only a basic education.
4. Moses was chosen & not dumped even when he messed things up by losing his cool and killing a guy.
5. Samson was chosen even though he misused his gifts and had to be disqualified for a time
6. Deborah was chosen to be Israel's 1st woman leader
7. Joab was chosen to be David's army commander because he was the first to climb the water shaft into Jerusalem so that they could capture the city
8. Abraham was chosen because he had great faith.
9. Mephibosheth was chosen to join the king's family for meals every day even though he was disabled.

Groups with some Bible background may enjoy doing this as a game. See Games Ideas Maybe reinforce this idea in your Prayer Space area.

Application: God wants us to be on his team.

Choose your focus here according to your group. Are they mostly Christian or mostly not?

How can we qualify for the team?

Term and conditions for being on the team?

Deal with this as is appropriate for your group.

Nick Willis chose to be on God's team at an early stage in his athletic career.

You could also look at Kriss Akabusi's story.

Other Christian athletes include Debbie Flood; Christine Ohuruogu; Allyson Felix



Possible follow on from the game:

All of these people were chosen to be on God's team even though some were very unlikely. What about us? How do we fit into the picture here? Are we

- A) Already on the team
- B) Not sure if we want to be
- C) Certain that we don't want to be
- D) Know that we are but think we're not as good as everyone else
- E) Definitely on the team and think that God is lucky to have us there because we have so much to offer him

Other suggestions

- Invite suggestions about different situations that involve making some kind of choice.
- Have you ever been chosen for something special?
- Have you ever been in a situation where you have felt overlooked by other people? (I was always one of the last to be picked to be in someone's team in PE at school!)
- Do you have any reasons to believe you would not be chosen for something? Do you think that reason matters to God?
- If you were to be chosen for something special, what would you like it to be?
- Do you feel overlooked by God or chosen by God or neither?

Spiritual / Reflection time:

Where practical you could use soft lighting to change the mood for this last part. If you're thinking of candles, do a risk assessment. Alternatively set up a 'prayer space' area. See Prayer Space document for links with guidelines.

Focus on Theme verse

Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure.
Ephesians 1:4-5 NLT

Have this verse – or part of it, written out before the session and devise an activity where they write it out for themselves, perhaps in a creative way.

Play appropriate music/DVD or do some related artwork, or both.

Extra: Some groups may like to think about specific roles and gifts that God would like them to use.