

Girls Only

Competitive Activities

Additional Project Ideas

Make it up. Have the girls make up a game to play outside. Give them different tools to use to create their game (medicine balls or Frisbees). Have the girls play the game a few times and write down rules to the game. The rules can be as silly as you want them to be. If the game works well, have the girls teach a younger club how to play the game. Afterwards, talk to the girls about how it felt to be active and play together.

Work out. Do a low-impact exercise video as a group. There are several exercise videos set to praise and worship music. (Leslie Sansone has several good low-impact videos set to praise and worship music). Encourage the girls to become active together. Working out can be really fun when you do it as a group.

Record it. Have the girls record an exercise video. Let the girls be silly. They can dress up in funny costumes to record their video. Have the girls take turns being the "aerobics instructor" and being the followers. Encourage the girls to have fun while being active.

Organize some competition. Have the girls organize a tournament (Uno, Monopoly, a video game, Scrabble, etc.) that anyone could be involved in. Publicize it in the church and have the girls provide snacks and drinks for sale to the competitors and attendees. Use this as a fundraiser for TG Missions, a missions trip, or other cause.

Compete together. Organize an ensemble human video, musical group, or drama team with your girls and compete in Fine Arts together. Throughout your preparation, talk with your girls about the importance of giving God glory and witnessing through competitive activities. For more information on Fine Arts, visit www.faf.ag.org.

Write about it. Have the girls write about their experiences in different competitive activities. Encourage the girls to write about what they learned, the relationships they developed, and how God used (or didn't use) that competitive activity. Have the girls briefly share their experiences with the group.

Think good thoughts. Have the girls make note cards of verses of that can help the girls make wise choices and become more self-disciplined in their competitive activities. The girls can come up with a list of verses on their own that will help guide them in the right direction or use these verses:

Psalms 24:4,5

Matthew 5:14-16

Matthew 7:13,14

Luke 9:23,24

Galatians 6:7-10

Philippians 2:3,4

2 Peter 3:9

Resource Ideas

- *Walking the Walk: Getting Fit with Faith* DVD with Leslie Sansone
- *Best-Ever Games for Youth Ministry* by Les Christie, Group Publishing, 2005.
- *Recreate Your World: Find Your Voice, Shape the Culture, Change the World* by Ron Lluce, Regal, 2008.

Additional Discussion Questions

Discovery #1

- Should a Christian participate in competitive activities? Why or why not?
- What are some of the motives you have for competing? Are these godly? How can God use your participation in competitive activities?
- What should our attitude be as we participate? Can God use you while you're competing? How?

Discovery #2

- How important is winning? Why?
- How can you keep a good attitude while you're competing?
- Is succeeding important? How can you balance wanting to do well and maintaining a good attitude?

Discovery #3

- How should you deal with "dirty" players?
- Why is it important to live out the Golden Rule while you're competing? What if the other competitors aren't acting the same way?
- What can we learn from Jacob about keeping a good attitude even when you're not competing against fair players?

Discovery #4

- How can you witness through participation in competitive activities?
- What are some good ways to bring up Jesus in your conversations? Have you had any opportunities to witness? How did that go?
- How can you glorify God even if you're not playing well?

Discovery #5

- How can you develop a healthy attitude toward participating in competitive activities? What is the right attitude to have about competitive activities?
- What is balance? Why is balance important? How do you achieve balance?
- What can we learn from Gideon about having a good attitude toward competing?

Discovery #6

- What is your ultimate challenge?
- What can you learn from participating in competitive activities that applies to your spiritual life and relationship with God?
- Do you have any goals to grow in your relationship with God? What are they?