

## WRYC Curriculum 2018

### *CROSSFIT*

*“For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” I Timothy 4:8*

**Overview:** *CrossFit is a high-intensity fitness program. Our theme is “CrossFit” based on developing our spiritual fitness and exercising our spiritual muscles.*

We live in an unholy world. Yet God desires us to pursue holiness at all costs, because without holiness we cannot see the Lord.

*Hebrews 12:14* “Make every effort...to be holy; without which no one will see the Lord.”

*I Peter 1:16* “For it is written; be holy, because I am holy.”

*I Thessalonians 4:7* “For God did not call us to be impure, but to live a holy life.”

We need to actively pursue holiness if we desire to draw closer to God. Satan will put many struggles and obstacles in front of us. It is extremely difficult to win the battle, and we will need to have strength and endurance to reach our ultimate goal – heaven. We will need to be “spiritually fit” to live a life that is holy and pleasing to God, fit for our eternal life....**CROSSFIT!**

We often train our bodies for physical activities/to improve our overall health and that is good. But how much more valuable and important is it to train for spiritual fitness? (I Timothy 4:8)

The battle for holiness rages in various areas of our lives: our desires, our decisions, our relationships, our use of media, etc. The focus this week is on holy living and building our spiritual muscles. We want campers to know how to exercise their faith, pursue godliness and be “***CROSSFIT***”.

**Memory Verses:** Committing scripture to memory is a spiritual discipline we hope to instill in our campers. The following are the memory verses required for campers to receive their Bible Award. It is our desire that each camper get this award. Please encourage and support your class to get their Bible award. Counselors will practice verses each day in chapel using motions designed to help campers remember each scripture.

*I Timothy 4:8* “For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”

*Matthew 16:24*, “Then Jesus said to his disciples, Whoever wants to be my disciple must deny themselves and take up their cross and follow me.”

*I Corinthians 9:25*, “Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.”

*Psalms 119:9 and 11* “How can a young person stay on the path of purity? By living according to your word... I have hidden your word in my heart that I might not sin against you.”

*Hebrews 12: 1-2* “...let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the author and perfecter of faith.”

***Class will begin every day in the Opry House. A brief video clip will be shown that correlates to the lesson.***

**Monday: Gains**

***\*\*Class will begin today in the Opry House with a video clip. This is very brief introductory video (movie trailer) about being CrossFit\*\* (1:05)***

The Bible calls us to be holy, to live lives that please God and to turn away from wickedness and selfish desires. But why? Why would we deny ourselves and pursue a life of godliness? What is there to be gained? Gain means to get something desired, especially as a result of one's efforts.

Exercise provides many benefits. We gain positive things when we work out. (lose weight, sleep better, stress relief, healthier body, etc.) When we work our physical muscles, we reap positive results. The same is true for our spiritual workouts. There are many things to gain by exercising our spiritual muscles. Our spiritual exercises will strengthen our hearts and minds for God, produce endurance in our faith, and build the power of the Holy Spirit within us. Ultimately, we gain our eternal reward: heaven!

Everything we do has a cost and benefit (s). Even if that benefit is not worth the cost.

*Hebrews 11:24-26 "By faith Moses, when he had grown up, refused to be known as the son of Pharaoh's daughter. He chose to be mistreated along with the people of God rather than to enjoy the fleeting pleasures of sin. He regarded disgrace for the sake of Christ as of greater value than the treasures of Egypt, because he was looking ahead to his reward."*

When Moses engaged in the cost/benefit analysis, he decided the cost (suffering with the children of Israel) was worth the benefit (the blessing of God) and that the cost (judgement after a short time) was not worth the benefit (pleasures of sin).

The cost may be time, energy, money, etc. The Bible does not make the case that sin has no benefit, but rather that the benefit is not worth what it costs (our souls). The wages of sin is death. No one denies there is pleasure in sin and that we enjoy pleasure. God is the one who invented pleasure. Satan has corrupted our world and entices us to indulge in pleasures that will introduce destructive forces in our lives. In that case, the cost is too high. We have to keep in mind that the benefits we desire will always have a cost. Sin *always* costs us something.

From the beginning, God has had a plan for us and his ultimate plan is for us to be in heaven with him. We know that sin separates us from God; so if we want to gain our eternal reward; we must be holy in His sight.

We are never told that there is an easy way to achieve this. The Bible actually tells us there will be struggles. (John 16:33, James 1:22, Romans 5:3). And Romans 3:23 reminds us "for all have sinned and fallen short of the glory of God. " As sinners, we need to change/transform from godless people, to people pursuing godliness. Once we recognize the need to change, we can begin training for a life of holiness.

If we let other people go to the gym for us, press our weights for us and run on the treadmill for us, will we see any results? No, in order to gain spiritual endurance, we must each do our own “workouts.” We must place our trust in God to give us the wisdom to battle through our struggles. Because it is our struggles in which will help us grow. James tells us to pray for wisdom so we can endure our struggles.

*Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing. But if any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach, and it will be given to him.” James 1:2-5.*

Being spiritually fit is all about gaining eternal life, deepening our relationship with God, having His strength in us, having the Holy Spirit working in our lives and being able to lean on Him when struggles come.

Isaiah 1:18-22 *“Come now, let us settle the matter,” says the Lord. “Though your sins be as scarlet, they shall be white as snow; though they are red as crimson, they shall be like wool. If you are willing and obedient, you will eat the good things of the land; but if you resist and rebel, you will be devoured by the sword.” For the mouth of the Lord has spoken.”*

God is making the point that righteousness is worth a lot more than it costs, and sin costs a lot more than it is worth. How true this is when we realize that Jesus is the one that paid the price for our righteousness!

We need to acknowledge our dependence on God and humbly seek His help and wisdom. **When we choose to serve God, it will cost us, but it will benefit us more.** It’s all about the gains!

### **Suggested Activities:**

Get to know your campers/complete an ice- breaker activity.

Explain the Bible Award and encourage campers to work on memorizing the scriptures.

1. Play “Wheel of Fortune” with the following words: holy, eternal life, gain, godliness, fitness, cross, etc.  
After campers guess the words, give a brief overview of what they will be learning this week as they train to become CrossFit. Discuss video clip.
2. Gallery Walk: Print the following scriptures on 8 x 11 paper. (Deuteronomy 7:6, Leviticus 20:26, Hebrews 12:14, 1 Peter 1:15-16, I Thessalonians 4:7 Genesis 2:3, Leviticus 11:5). Hang scriptures around the room. Give campers a worksheet that corresponds to each scripture with blanks to fill in. Campers walk to each paper, read the scripture and fill in the blanks. After they have finished, define the word *holy*. (Hebrew word is “qodesh” which means set apart/set apart for a specific purpose/sacred). Read each scripture from the gallery walk and discuss what it means to be holy for us as Christians (we are set apart from this world because we now belong to God, dedicated to God’s purposes). Our holiness comes from God.

3. Create a cost/benefit analysis of following God. (*see attached*) Discuss costs/benefits (gains) of following Christ and being “CrossFit”. Can be done in small groups or as a whole class.
4. History in Person: Prepare notecards with brief summaries of the following Bible characters and their cost/benefit of following God: Joseph (Potiphar’s wife), Noah (ark), Abraham (Isaac sacrifice), Moses’ mother and Miriam (hid Moses as a baby), Rahab (helped Israelite spies), Daniel (prayed anyway). Assign a few campers/other teachers one of the people and give them their notecard. Have them stand around the room. Camper will rotate around the room and listen to the stories. Discuss the cost/benefits after.
5. Create/personalize wristbands/headbands that say “CrossFit”. Campers can wear them this week to help them remember our theme.
6. Let campers know that they will be learning how to strengthen their spiritual muscles this week in order to help them live holy lives/pursue godliness and gain eternal life.

**Tuesday: ISI: Iron Sharpens Iron**

*\*\*Class will begin today in the Opry House with a brief video clip of Rocky Balboa training with Apollo Creed. <https://www.youtube.com/watch?v=IVY8SbQGW-Y> (3:25)*

When we have someone counting on us, we are far less likely to bail on a workout. It’s always more enjoyable to share an experience with a friend. We will work harder when exercising with a partner. If two or more are working towards a common goal, it helps to build more resolve and resilience. It’s a fantastic feeling to achieve a goal, and it can be even better when you achieve it with someone else.

The same is true for our spiritual training. Having people in our lives to walk beside us/support us and encourage us makes a huge difference. Our lives are filled with all types of difficulties. We all experience times of hardships (peer pressure, social media stressors, sickness, emotional issues, divorce, friendship drama, etc.). When our spiritual muscles are weak, we need encouragement and support. The Bible teaches us to be there for each other:

I Thessalonians 5:11 *“Therefore encourage one another up and build one another up, just as you are doing.”*

Hebrews 10:24 *“And let us consider how to stir up one another to love and good works.”*

Proverbs 27:17 *“As iron sharpens iron, so one person sharpens another.”*

Ecclesiastes 4:9-12 *“Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.”*

The word *encourage* means to call someone to your side in order to strengthen them with your words. It can refer to a variety of encouraging speech: instructing, comforting, admonishing, warning, urging, and consoling. As Christians, we should be in the habit of coming together to

strengthen each other with an eternal perspective—helping each other to set our hope on the day Christ returns. We want to take as many people to heaven with us as we can!

Accountability groups are a great way to support and encourage one another. In an accountability partnership, we check on each other/ask questions and push each other to love God and others better. If we know someone is going to ask us about something, we are far more likely to work on that specific area. Only God has the power to transform us; but we can do our part by surrounding ourselves with positive, Christian people who will ask the tough questions, support us when we fail, build us up when we are down and encourage us in our daily life.

God knew we would need encouragement and support to withstand Satan's schemes and persevere in our faith during trials. However, fellowship with other Christians isn't just for times of trouble...spending time with others who love God is uplifting anytime! Spiritual growth takes place in community, not isolation. Two (or more) are better than one.

*\*\*Be sure to communicate to campers that while it is important to have Christian friends, it's not "wrong" to have friends who are not. We want to lead others to Christ and in order to do that we need to have relationships with others besides Christians. Jesus had his apostles for support, encouragement, etc. but also spent time with sinners teaching them about God. \*\**

### **Suggested Activities:**

1. Review Monday's lesson (Gains)
2. Discuss the Rocky Balboa clip. Rocky chose to train with Apollo because he knew Apollo would push him further/encourage and support him. Introduce the idea that we are stronger when we have God in our lives and when we have other Christians to support/guide us.
3. **Stronger Together:** Ask for a volunteer to come and hold a single book above their head with flat palms. Wait a bit and then ask them if this is getting hard. Carefully place another book on the stack. Repeat this process until the books slide off. Invite a few more to try this test. Then invite 2 campers to try holding the books together (stand side by side, each with palms up, close together. As you add more books, explain how it's still hard but much easier than doing it alone. After several campers get a chance to work together, restate the point. We want campers to realize we are stronger together and that one of the benefit/gains of being a part of God's family is that we have a support system. Church is not a place we go; but rather a group of people/friends who love God, are learning how to follow Jesus and are there to help each other. The world we live in is like a constant force making it hard to follow God's plan. Sin, trials, temptations can burden us. The weight can seem overwhelming. But God gave us a wonderful gift. It's a group of friends/people who are all working together to learn how to love God, love other people, and help each other. It's called the church. And we are stronger together!
4. **Impossible block challenge:** you will need two small wooden blocks and a bucket. Set the bucket and the two blocks on a table. Call two campers up and challenge them to see who can put their block in the bucket first **using only 1 finger**. Give them 30 seconds to try. They probably won't be able to do it. Let two more campers try. Then have a teacher and a camper try it. The teacher will help them by pushing their block against the other block and then they can each push against the blocks to lift the blocks into the bucket at the same time. Relate to the concept of two are better than one. You can view this object lesson on YouTube:

<https://www.youtube.com/watch?v=IBt4adCxXS0>

5. Scripture Puzzles: make large jigsaw puzzles for the following scriptures (write scriptures on poster board and then cut into puzzle pieces). Divide campers into groups and give each group a puzzle to solve. Discuss scriptures after they complete the puzzles. (These are from the Message translation.)

Ecclesiastes 4:12 — *By yourself you're unprotected, .with a friend you can face the worst. Can you round up a third? A three-stranded rope isn't easily snapped. .*

Proverbs 27:17 — *"You use steel to sharpen steel, and one friend sharpens another."*

Ecclesiastes 4:9 — *"It's better to have a partner than go it alone. Share the work, share the wealth. And if one falls down, the other helps, But if there's no one to help, tough!*

I Thessalonians 5:11, *"So speak encouraging words to one another. Build up hope so you'll all be together in this, no one left out, no one left behind...."*

6. Role Play: Write scenarios on notecards that are examples of situations in our lives where we would need encouragement/support. Have campers select a card and role-play how they would encourage each other.
7. Discuss/make a list of specific questions that accountability partners can ask each other. (there are good lists online to use/can choose according to age of campers you are teaching).
8. If appropriate for your class, divide campers into small groups and let them "practice" asking each other the accountability questions. Model first with your teaching group.

\*\*Good resources for accountability questions can be found at:

<http://www.discipleshiptools.org/apps/articles/default.asp?articleid=7052&columnid>

### **Wednesday: Maxing Out**

\*\*Class will begin today in the Opry House with a video clip showing a young man training for a mixed martial arts competition. (3:02) <https://www.youtube.com/watch?v=MUYvFPQQrds>

Athletes stretch and warm up to prepare their bodies for training. They eat healthy food, drink lots of water and make a plan for exercising. They make sure they have equipment that will help them: good shoes, weights, workout clothes, water bottle, playlist, etc. They train hard, eat right, give it their all...they max out! Spiritually, we need to do the same. What is our "spiritual equipment?" Are we "maxing out" (giving our all-out best) each day?

Following Jesus draws us into a spiritual battle. But God has not left us defenseless. He has provided spiritual armor for this battle. The armor of God is our "equipment" for spiritual training.

Ephesians 6: 10-18 *"Be strong in the Lord and in his mighty power. <sup>11</sup> Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. <sup>12</sup> For we<sup>[d]</sup> are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.*

<sup>13</sup> Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. <sup>14</sup> Stand your ground, putting on the belt of truth and the body armor of God's righteousness. <sup>15</sup> For shoes, put on the peace that comes from the Good News so that you will be fully prepared.<sup>[e]</sup> <sup>16</sup> In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil.<sup>[f]</sup> <sup>17</sup> Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.<sup>18</sup> Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.<sup>[g]</sup>

Having the right equipment is a good start; but then what? Spiritually speaking, exercise is regularly practicing what God tells us to do. It must become a daily habit.

In the same way that an athlete trains in order to become fit for the race he enters, so we need to exercise the same self-discipline. The athletes who compete in the Olympic Games follow a strict training routine and deny themselves many things in order to win (gain) the gold medal. We too are commanded to discipline/deny ourselves, but we do it for an eternal prize. Our gain is eternal life. Jesus proclaimed that self-denial was an integral part of being his follower and being unashamed on the day of judgement.

Mark 8:34-38 *"If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever wants to save his life will lose it, but whoever loses his life for me and for the gospel will save it. What good is it for a man to gain the whole world, yet forfeit his soul? Or what can a man give in exchange for his soul? If anyone is ashamed of me and my words in this adulterous and sinful generation, the Son of Man will be ashamed of him when he comes in his Father's glory with the holy angels."*

Paul urged Timothy to 'Train yourself to be godly' and to be disciplined in order to attain godliness. Paul used the athlete as his model for Christian living:

*"Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last for ever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize."* 1 Cor 9: 24-27.

Exercise is vigorous movements that improve muscle strength. Anytime we begin exercising or use muscles we have not used before; we will be sore! The National Health Science (NHS) says, "The soreness is part of an adaptation process that leads to greater stamina and strength as the muscles recover and build." In the same way, in our spiritual transformation, we are going to be "sore." Pain is part of spiritual growth; it cannot be prevented or ignored. But we have one who has victory over the persecution of the world, and He has promised to lead us to our victory when we endure our persecution, trials, and temptations.

We will also gain strength in our hearts and minds and endurance through our faith, which will build a healthier spiritual lifestyle. But not only will we gain rewards here, Jesus tells us we will receive gifts in heaven. In Matthew 5:11-12, Christ tells the people,

*“Blessed are you when people insult you and persecute you, and falsely say all kinds of evil against you because of Me. (12) Rejoice and be glad, for your reward in heaven is great; for in the same way they persecuted the prophets who were before you.”*

Spiritual fitness begins with preparation or a passion. We will never grow spiritually until we have a longing to do so. Spiritual fitness requires a commitment. Many things in life threaten to hinder our spiritual fitness. We must have self-control to resist all that may keep us from doing God’s will. Our spiritual workouts should include: prayer, Bible reading, attending worship, partaking in the Lord’s Supper, service to others, fellowship with other believers, sharing the gospel, etc.

Are we well-nourished Christians feeding on God’s word? (Hebrews 4:12, Psalm 119:105, James 1:22, Psalm 119:9, Psalm 119:15-16) Do we have a regular prayer time? (I Thessalonians 5:16-18, Philippians 4:6-7, Colossians 4:2) Do we regularly meet with God’s church? (Hebrews 10:25, Ephesians 4:11-16, Romans 12:4-5, I Corinthians 14:26) Are we regularly partaking of the Lords’ supper? (I Corinthians 11:23-26, I Corinthians 11:28) Are we looking for ways to encourage/serve others? (Ephesians 2:8-10, I Peter 4:10, Matthew 20:27-28, Romans 12:9-13). Our spiritual muscles need regular workouts if we want to grow/mature spiritually.

We must believe our spiritual “workouts” make a difference and are worth our time. We need to max out: endure, persevere, and discipline ourselves to commit to God. Daily, we must draw near to God and as we do, He promises He will draw near to us (James 4:8).

### **Suggested Activities:**

1. Review previous lessons (Gains, Iron Sharpens Iron)
2. Discuss the video clip. Why did the coach say, “you won’t be thanking me tomorrow?”, what types of exercises did he do? How would you describe the training sessions? What evidence did you see that the training sessions were working?
3. Ask a volunteer or a co teacher to do some simple exercises (jumping jacks, push-ups, burpees, etc.) Count how many of each they can do. They will probably be breathing hard/be tired. Discuss what effect consistent training would have on them completing the exercises. Relate to our spiritual training and the need to be CrossFit. We cannot develop spiritual fitness after one “workout”. We must workout spiritually every day.
4. Brainstorm spiritual exercises (prayer, Bible reading, etc. see list in curriculum above) and have campers create a Spiritual Workout plan (*see attached*).
5. Let campers create a visual for the armor of God. Example below can be found at:  
<https://www.pinterest.com/pin/378654281149782297>



6. Equip a Soldier: Use the following website for more information/scriptures about each piece of the armor of God. <https://www.compellingtruth.org/full-armor-God.html> Print the information from this website on notecards. Divide class into 6 groups (one for each piece of armor). Assign each group a piece of the armor of God/give them the notecard with information that corresponds to their piece of armor. Each group will read/learn their piece of armor. Give each group a large piece of cardboard/poster board. They will create their piece of armor and write the purpose/use on it. Each group will share their armor piece with the class. As each group shares, they will put their piece of armor on one of the teachers. By the end, the teacher should be a fully equipped “soldier” of God. Discuss.
  
7. Preview/discuss the all night prayer session that will take place Wednesday night so campers can begin to focus their minds on what they would like to talk to God about during that time. Remind them that prayer is one of our spiritual exercises.

**Thursday: Transformation**

**\*\*Class will begin today in the Opry House with a video of the song “Beautiful Things” by Gungor. (4:43) <https://www.youtube.com/watch?v=Is6weMrenls> This song is about God’s transforming power. He is able to make us beautiful even when we struggle/fail/sin (when we are nothing but “dust”). He can still make beautiful things!**

Physical exercise produces results (transformation) only when we actually do the workouts. We can know about exercise, have a workout schedule, pay a membership fee to a gym, and even have all the equipment. However, if we never do the exercises or only do them occasionally; it will be of no value to us. Our bodies will look and feel the same.

The same is true of our spiritual fitness. We can know all the things we need to do to feed our souls/exercise our spiritual muscles; but if we never do them, we gain nothing.

Our goal for spiritual maturity/growth needs to go beyond just gaining information/“knowing” about God. Our goal should be complete transformation. God wants a relationship with us and the only way to be in relationship with him is through baptism.

God has a plan for our transformation...it is the plan of salvation. Sin separates us from God. However, God loves us so much that he gave his son to die for us. We want campers to know that our ultimate goal is heaven/eternal life with our heavenly Father. Baptism allows us to have that relationship with God and be completely transformed.

Our value is not found in who we are; but *whose* we are. How much do you think you are worth? Not your net worth. Your self-worth. We can be rich or poor but it has nothing to do with our value as a person. What determines value? It depends on what someone is willing to pay for something and sometimes who owned it in the past make something more valuable. So who owns us and what was paid for us? We have been bought and paid for by Christ. (I Corinthians 7:23) We belong to God. Our value was determined by what was “paid” for us. Our savior loved us so much, that even in our ugly, fallen state he was willing to purchase us for an unimaginable price. God exchanged his own son for us by allowing Jesus to die on the cross. There is no higher price. We are of great value to God!

When we are baptized, we receive the gift of salvation. His perfect blood, committed as a gift to us by God from the beginning, saves us when we are weak. Paul reminds us what Christ told him in 2 Corinthians 12:9, “*My grace is sufficient for you, for power is perfected in weakness.*” We are weak, but because of our weakness, we are made strong in Christ. We cannot be committed to Him *and* sin. We cannot cling to known sin and claim to be following Christ at the same time. We must choose. God is **ALWAYS** committed to us. The choice is ours.

When we commit our lives to God and are baptized, we are transformed into a new person! We enter into a relationship with him. The Holy Spirit lives in us and we are never the same. We are a fallen people. God sees our sin, our pain, and our struggles and comes to help us. Even when we feel lost, hopeless and want to quit, God wants us to finish strong in this race called life. We want to max out. We want campers to know and feel the love our Savior has for them. We want them to remember the incredibly high price He paid for them.

Romans 12:2 “*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.*”

1 Corinthians 5:17 “*Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.*”

Romans 12:1 “*I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.*”

Plan of Salvation scriptures: Acts 2:38, Mark 16:16, Romans 6:1-6.

**Suggested Activities:**

1. Review previous lessons (Gains, Iron Sharpens Iron, Maxing Out)  
Discuss the song, *Beautiful Things*. God take us dirty/sinful and makes us beautiful through the power of the blood shed on the cross. HE makes beautiful things out of dust! Let campers create pictures of themselves like were shown on the video. Then turn paper over and show a new picture of themselves “transformed” into something beautiful.
2. Read or summarize the following story, *Johnny Lingo’s Eight Cow Wife*, to campers.  
<http://www.biblehelp.org/cow.htm> Thank Papa Beene for this little gem☺  
*Johnny Lingo was a wealthy Polynesian trader who boosted his wife’s confidence by purchasing her hand in marriage for 8 cows, instead of the typical 3 or 4. Use the following discussion questions:*
  - What did the villagers think of Sarita, Johnny’s wife? How many cows did the cousins tell Sarita’s father, Sam Karoo, he should ask for her? How many did Johnny pay? Why? What effect did Johnny’s payment have on Sarita? How does this relate to the price Christ paid for us? Where does our value come from?
3. Headbands Game: play headbands with the steps of salvation. This is a fun, simple way to teach/review the steps. Read/discuss Acts 2: 37-40. Campers take turns holding up a card to their forehead and other campers describe the word. The camper holding up the card tries to guess the word. Word ideas: sin, hear, believe, repent, confess, baptism, cross, Jesus, blood, saved, etc.
4. Another way to teach/review the steps is to read the scriptures and label cards with the steps of salvation (one word on a card). Practice putting the steps in order. Then mix up the cards and play a game where campers race to put them in the correct order (can use their Bibles for reference if needed). Can be done in teams, two campers racing against each other, etc.
5. Sin Separates: Bring several sets of UNO cards. Before class, mark several cards in each decks with pieces of painter’s tape that have sins written on them. (One sin on one card...lying, lust, disrespecting parents, etc.) Mark other cards with pieces of tape that have sins written on them but also have one of these words on them: saved, baptized, grace, etc.)Do not tell campers about the “marked’ cards. Divide campers into groups and let them play. As campers play, if a card with a sin comes up in their cards, they have to remove the tape, put it on their shirt and move to a pre-determined place in the room. Teachers should be circulating and will see when the sin cards come up/and or camper will ask about them as the cards come up. The campers with “sin” will be separated from the rest of the group and cannot play anymore. For the campers who play cards with the “saved” words on them; they get to remain in the game. They should also remove the tape and put it on their shirt. After playing for a while and there are several campers in the separated group; stop and make application of how sin separates us from God. Then go back to the steps of salvation and why the other campers were able to remain in the game and how baptism and God’s grace covers our sin.
6. Disappearing Sin: (younger campers) Write the word “SIN” on a whiteboard using a black sharpie. Let it sit a minute or so while you read scriptures/discuss the steps of salvation (hear, believe, repent, confess, baptism). Try to wipe off the sharpie...it won’t come off. Then share how Jesus’s blood cleanses our sin. While you are doing this take a red dry erase marker and go over the letters of the word “SIN” that you wrote with the sharpie. Cover the letters completely but so you can still see that the word is “SIN”. Then share how that represents the blood and then baptism washes away all our sins. Wipe off the word “SIN” (it will all come off). Discuss.

7. Salvation object lesson (younger campers) here is a link to a great object lesson for the plan of salvation (involves folding/tearing paper to make a cross and spell the words in the steps of salvation.) <http://www.futureflyingsaucers.com/wp-content/uploads/2014/01/Paper-Folding-Salvation-Message.pdf>
8. Nailed to the Cross: (probably for older campers) have them ***anonymously*** write down sins/struggles they have. Collect their lists and read them aloud. Discuss satan and how he tempts us/draws us away from God. Put the lists in a large envelope. Walk down to the amphitheater/stand around the cross. Tell the story of the cross and nail the envelope with the sins to the cross. Remind campers God makes beauty out of dust.

***Friday: CrossFit for Life***

***\*\*Class will begin in the Opry House with a video clip\*\****

*This clip shows Derek Redmond running the 400-meter race in the 1992 Olympics. He pulls his hamstring during the race and his father comes down out of the stands and helps him finish.*  
[https://www.youtube.com/watch?v=\\_DDo\\_KmJVOA](https://www.youtube.com/watch?v=_DDo_KmJVOA) (4:56)

Physical exercise only works if you do it consistently. Olympic athletes, professional athletes, college athletes, etc. who are at the top of their game are in constant training. They know if they want to succeed/be the best/reap the rewards that they must train daily. Sometimes they carry weights while they train; but when the event comes; they always put off every weight. Weights slow them down. As campers prepare to go home on Saturday, we want to help them recognize the sins/obstacles that are weighing them down and also how to throw them off so they can run their race!

As Christians, daily spiritual training will be required as well. We must faithfully exercise our spiritual muscles so that we are at the “top of our game.” We will need to throw off any “weights” that slow us down. A weight can be anything that hinders our spiritual growth. Not every weight is sinful in and of itself.

Friends can be good, but if your friend keeps you from serving the Lord, he or she is a weight. Hobbies can be good, but if your hobby takes time away from your Bible reading and prayer, it is a weight. Sports can be good, but if sports keep you from church, they are a weight.

Sins are also weights that drag Christians down. Weighty sins include sins of the mouth, of the mind, of anger, of bitterness, of selfishness, of pride, of lust and of disobedience (1Pe 2:11, 2Ti 2:22)

The writer of Hebrews urges us to look at the lives of the great cloud of witnesses described in Hebrews 11. Their example should motivate us to get rid of our weights and run the Christian race with endurance.

As Christians, if we are going to become spiritually fit and “win” our ultimate race (heaven) we must get rid of every single weight in our lives. David shows us a powerful prayer in Psalms 139:23-24, “*Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.*”

Being spiritually fit is not a destination. It is a way of life. CrossFit for life!

**Suggested Activities:**

1. Review previous lessons (Gains, Iron Sharpens Iron, Maxing Out, Transformation) A game is a fun/engaging way to do this: Family Feud, Jeopardy, etc.
2. Discuss the video clip about Derek Redmond. What training do you think Derek did to prepare for the Olympics? What qualities did he show by finishing the race even though he was injured? What made his dad come out of the stands and help his son? In what ways is Derek's injury like sin/trials in our lives? (sin, trials slow us down) In what ways was Derek's father like our heavenly father? (God always loves us/is always there to help/support us)
3. Share the story of the prodigal son from Luke 15. Use the following points to discuss:
  - The son acknowledged his mistakes/sin and came to his senses/began to be in need.
  - The son saw a need to return home to his father.
  - We are also in need of our father...our spiritual Father. He alone can forgive our sins.
  - God is always there watching and waiting for us just like the father of the prodigal son.
4. Relay Races: divide campers into two teams. Make one team use weights (hand weights, ankle weights, or carrying heavy objects). Run the race. Then compare how much easier it was for the team without weights. Discuss how our spiritual race here on earth is also much easier when we throw off our "weights", trust God and lean on other Christians for support. Another variation would be to run the race again but this time allow the team with weights to help each other. Relate to Tuesdays lesson *Iron Sharpens Iron*.
5. Divide class into 4 groups. Assign each group one of the previous lessons. Give each group a piece of poster board or butcher paper to create a visual/graphic, etc. that shows the big concept of their assigned lesson. Share/discuss/wrap up week.
6. Let campers create a cross to take home. This will be a visual reminder to be CrossFit. This could be a bookmark, paracord cross, beaded cross, string art cross, cross necklace, small rock with a cross painted on it. If there is room on the cross, have campers write "CrossFit" on their cross and I Timothy 4:8. Many cool ideas on Pinterest for this...even for the older campers.
7. Pray with campers about being CrossFit for life/staying close to God as they leave camp on Saturday.
8. Check with campers about their Bible Award/help as needed.

**Cost:** What you give up when you decide to do something

**Benefit:** something that satisfies your wants

<b>Following the world/indulging my desires</b>		
<b><i>Choices</i></b>	<b><i>Benefits (gains)</i></b>	<b><i>Costs</i></b>
Doing drugs	Feels good/relieves stress temporarily, fit in with friends	Health problems, money problems, distorted thinking, cravings/addiction

<b>Following Jesus/doing HIS will</b>		
<b><i>Choices</i></b>	<b><i>Benefits (gains)</i></b>	<b><i>Costs</i></b>
Going to church	Spiritual life improves, encouragement from others at church, support system	Have to get up early, may miss sport events, made fun of

# *My Spiritual Workout Plan*

*I Timothy 4:8*

<i>Exercises</i>							
<i>Day</i>	Prayer						
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
<i>Exercises</i>							
<i>Day</i>	Prayer						
Sunday							
Monday							
Tuesday							
Wednesday							
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Saturday							
<i>Exercises</i>							
<i>Day</i>	Prayer						
Sunday							
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Saturday							
<i>Exercises</i>							
<i>Day</i>	Prayer						
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							

**“For physical training is of some value; but godliness has value for all things, holding promise for both the present life and the life to come. “**

**I Timothy 4:8**