

DIRT BALANCE

EXERCISE. REFLECTION. WELLNESS.



SPORTS MISSION

DIRT – THE SERIES

DIRECTED

Each heading is focused on an element of BALANCE

INTENTIONAL

Being purposeful in our use of the quotes, scripture and questions

REFLECTION

Considering how the content can positively impact our everyday

TIME

Not rushing or skimming through but dedicating time to make this meaningful

DIRT BALANCE is designed to be used alongside your exercise or fitness - however and whenever you partake in it, whether that be daily, weekly or sporadically, prompting you to set time aside to purposefully focus and reflect.

Often used in education, the acronym DIRT can be easily applied to our sport and exercise to help us form habitual rhythms.

In this edition, each day is **directed** to an element of the word BALANCE, encouraging us to be **intentional** in the use of quotes, dwelling on scripture from 1 Peter 5 verses 6-11 (The Message Paraphrase) with a daily fitness application, before **reflecting** on questions that consider applying this to our everyday lives for the protected **time** that we have.

How you fit this around your exercise is up to you; our suggestion is that you read the quote before you start, then afterwards read the scripture and spend time reflecting on the three questions, but there's no right or wrong way!

DAY 1 BREATHE

“

**RE-SET. RE-ADJUST. RE-START. RE-FOCUS.
AS MANY TIMES AS YOU NEED TO.
JUST DON'T QUIT.**

BOOK OF LEADERS

”

DAY 1 BREATHE

“

So be content with who you are, and don't put on airs. *Know that what you are capable of within your exercise is unique to you. Don't pretend to do or know more than you actually do.*

1 Peter 5:6 MSG paraphrase *daily fitness application* ”

DAY 1 BREATHE

1.

Have you ever been tempted to quit? Consider all you have achieved in your exercise or in your day so far.

2.

What are your exercise and/or faith goals and what would you like to achieve?

3.

Pray for humility in your abilities. Thank God for movement, time and freedom to be active.

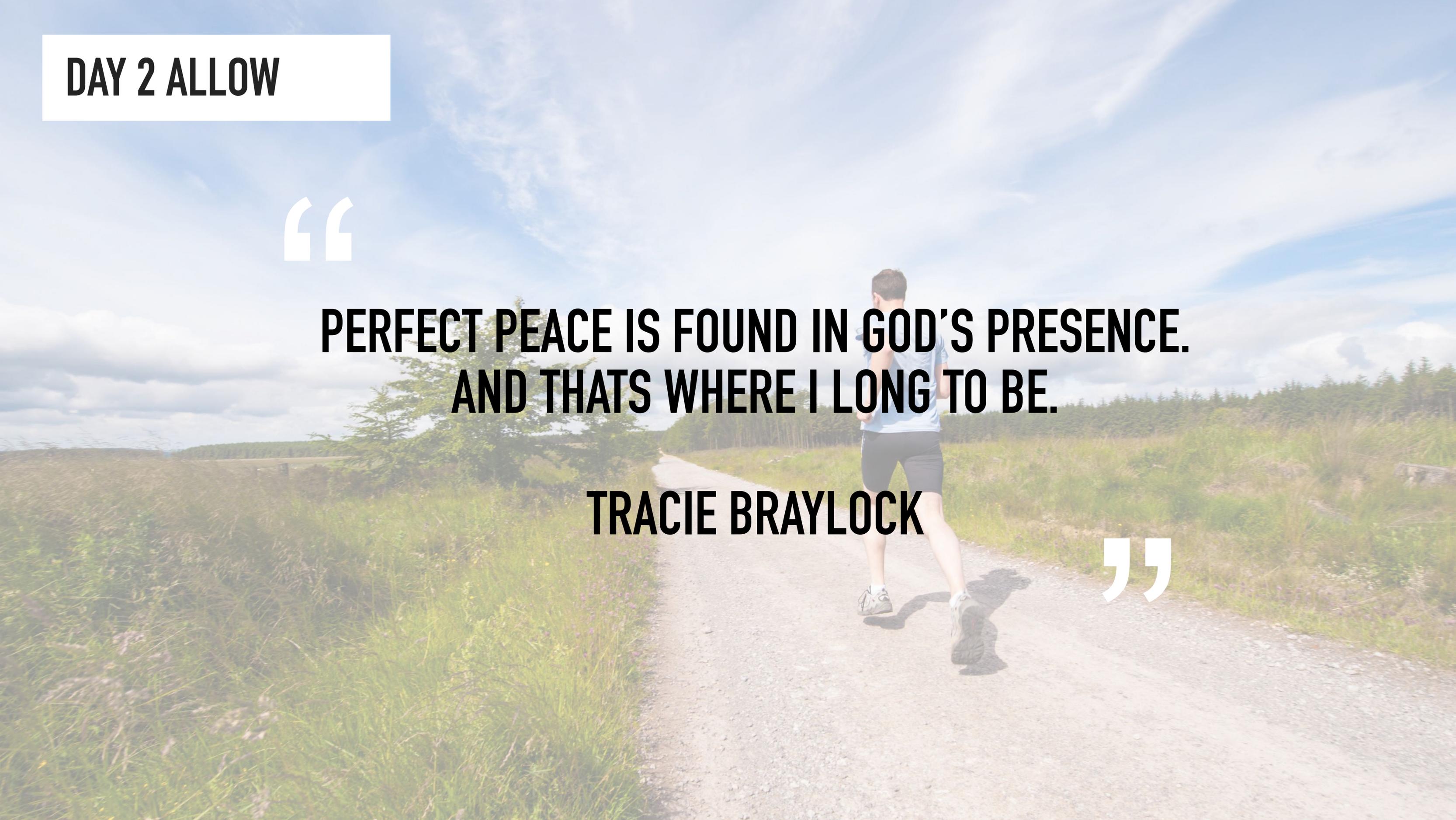
DAY 2 ALLOW

“

**PERFECT PEACE IS FOUND IN GOD'S PRESENCE.
AND THATS WHERE I LONG TO BE.**

TRACIE BRAYLOCK

”



DAY 2 ALLOW

“

God's strong hand is on you; he'll promote you at the right time. Live carefree before God; he is **most careful with you**. *Leave all your worries about what you can or might not be able to achieve in terms of your fitness goals with God. Just enjoy your movements, whatever they are. He loves you regardless.*

”

1 Peter 5:7 MSG paraphrase *daily fitness application*

DAY 2 ALLOW

1.

What do you get hung up on in your exercise? E.g. pace, rhythm, motivation etc.

2.

How might moments of reflection, stillness and quiet be helpful before, during or after exercise?

3.

Give your frustrations, limitations and aspirations in fitness to God in prayer.

DAY 3 LIVING

“

WHEN YOU START LIVING THE LIFE OF YOUR DREAMS, THERE WILL ALWAYS BE OBSTACLES, DOUBTERS, MISTAKES AND SETBACKS ALONG THE WAY. BUT WITH HARD WORK, PERSEVERANCE AND SELF-BELIEF, THERE IS NO LIMIT TO WHAT YOU CAN ACHIEVE.

”

ROY T. BENNETT

DAY 3 LIVING

“

Keep a cool head. Stay alert. The Devil is poised to pounce, and would like nothing better than to catch you napping. *Keep going and keep motivated, the hardest part of exercise is getting ready for it. Be realistic in your goals, don't let negativity win.*

1 Peter 5:8 MSG paraphrase *daily fitness application*

”

DAY 3 LIVING

1.

What is the biggest obstacle you've had to overcome in your faith, fitness or exercise?
What has God taught you?

2.

What advice would you give someone who has experienced a set back or is doubting themselves?

3.

Commit to praying before you exercise.
If you have a routine, set a reminder on your phone.

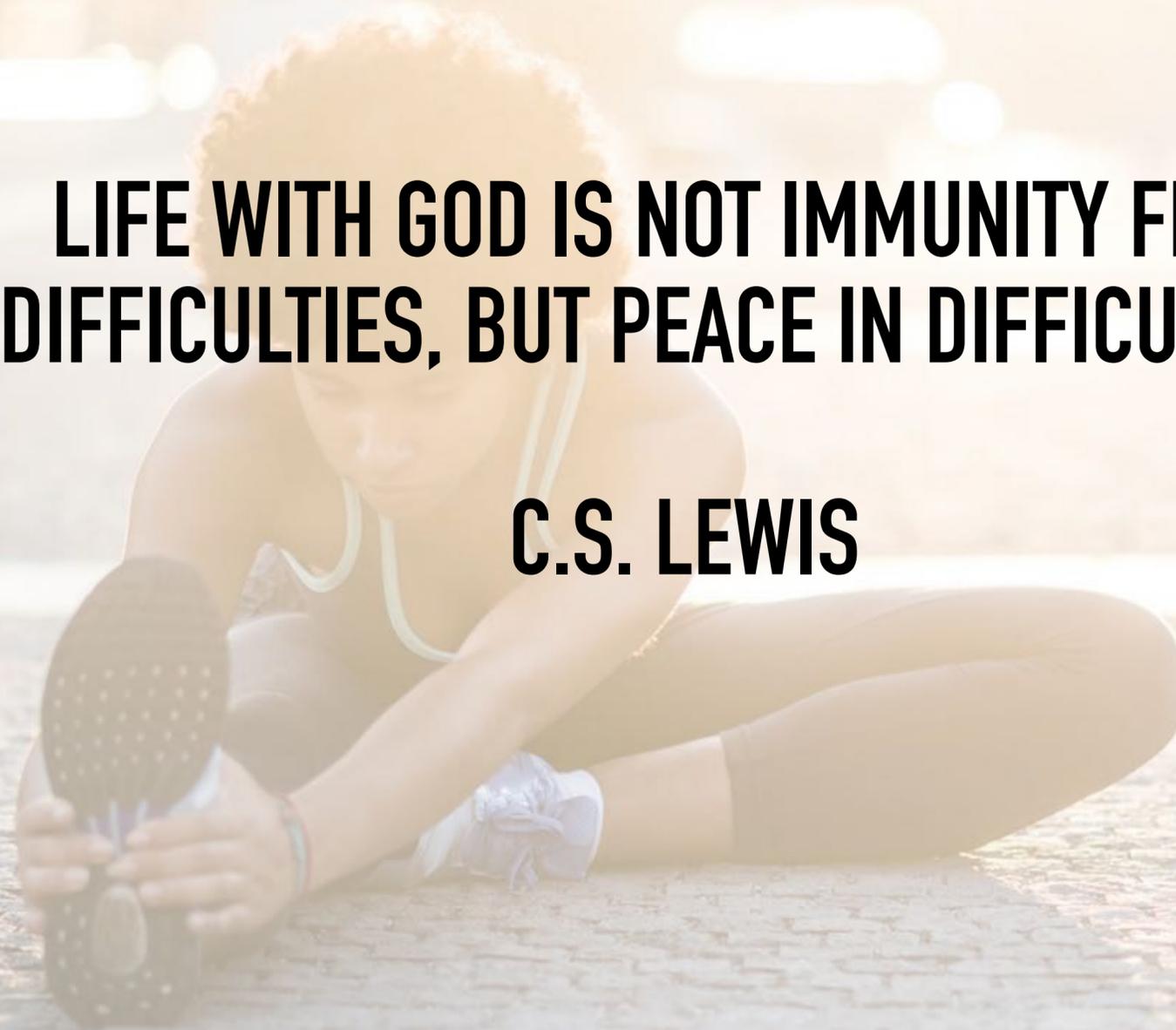
DAY 4 APPROACH

“

**LIFE WITH GOD IS NOT IMMUNITY FROM
DIFFICULTIES, BUT PEACE IN DIFFICULTIES.**

C.S. LEWIS

”



DAY 4 APPROACH

“

Keep your guard up. You're not the only ones plunged into these hard times. It's the same with Christians all over the world. *So keep a firm grip on your faith. Don't let doubt creep in and become disheartened, if you miss a day of exercise, that's fine, try again tomorrow! We're in the same storm, keep talking to God.*

”

1 Peter 5:9 MSG paraphrase *daily fitness application*

DAY 4 APPROACH

1.

What storms do you have going on at the moment and how can your exercise/faith help you get through them?

2.

What things are you holding on tightly too that you need to let go of or put down?

3.

Pray for perseverance and motivation. Pray for others facing hard times.

DAY 5 NEXT STEPS

“

**NEW MONTH, NEW BEGINNING.
NEW START. NEW MINDSET.
NEW FOCUS. NEW INTENTIONS.
NEW RESULTS.**

ANON

”

DAY 5 NEXT STEPS

“

The suffering won't last forever. It won't be long before this generous God who has great plans for us in Christ - eternal and glorious plans they are, will have you put together and on your feet for **good**. *The muscle aches will come and not just through exercise. Continue believing that through exercise and movement God has lessons for us to learn to help us keep moving.*

”

1 Peter 5:10 MSG paraphrase *daily fitness application*

DAY 5 NEXT STEPS

1.

Why is it helpful to be able to start over, or create fresh goals/challenges?

2.

What have you learnt from a past trial that you can take forward towards a new fitness goal?

3.

Turn to God and pray for his insight, wisdom and blessing on your goals.

DAY 6 CONSIDER

“

**THE KIND OF TRUST GOD WANTS US TO HAVE
CANNOT BE LEARNED IN COMFORT AND EASE.**

ANNE GRAHAM LOTZ

”



DAY 6 CONSIDER

“

He gets the last word; yes, he does. *Our fitness and exercise goals are ours. Where do they fit with God's?*

1 Peter 5:11 MSG paraphrase *daily fitness application*

”

DAY 6 CONSIDER

1.

What's your motivation?
Do you need a new or
fresh exercise
challenge this year?

2.

What is God saying/
talking to you about
at the moment?
What do you need to
let go of and trust
him with?

3.

Pray that what you can
do with your abilities
will be part of God's
goals for your life.

DAY 7 EVALUATE

**CIRCLE ME, LORD, KEEP LOVE WITHIN,
KEEP STRIFE WITHOUT, KEEP HOPE WITHIN,
KEEP DESPAIR WITHOUT, KEEP PEACE WITHIN,
KEEP HARM WITHOUT.**

INFINITUMLIFE.COM

”

DAY 7 EVALUATE

“

Spend time dwelling in the word (MSG paraphrase) and *daily fitness application* reflecting on which words, sentences and phrases speak to you, as you find space to pause, pray and be present with God.

”

DAY 7 EVALUATE

1.

Rest from exercise is necessary to repair, rebuild and strengthen muscles. What does that look like in regards to your faith at the moment?

2.

How can rest days help balance your home, work, fitness and faith goals?

3.

Less is more. Pray into your next 7 days.