

HELPING-HAND 2022

GENDER JUSTICE

salvationarmy.org.uk/helpinghand2022

DIRT POSITIVE

EXERCISE. REFLECTION. WELLNESS.



International
Development
UK



SPORTS MISSION



Having faith
in the family

DIRT - THE SERIES

DIRECTED

Each heading focuses on a word found in scripture

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

Welcome to this special edition of DIRT created specifically with [Helping-Hand 2022](#) in mind.

DIRT POSITIVE 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 special edition, each day is directed to a word from the scripture verses, encouraging us to be intentional in the use of quotes, dwelling on the verses from Corinthians 13:4-8 (NIV) 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 TO...

This resource is designed to be flexible enough to be used in a variety of different contexts and settings. It might be that you choose to work through the 'days' over the course of a week, do one once a week or even once a month, depending on what suits individually or with others, if you are journeying with a group of people.

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

For the end of each 'day' there is a PRAYER FOCUS point to help you practically and intentionally take the content beyond the session that you are using DIRT POSITIVE in.

There is no set time frame for how long you should spend on each element of the resource.

Equally, it might be that you only focus on one question, or that your conversations may lead you on to further questions not included as the discussion develops with others.

The key is to actively allow your discussion to impact your sport and faith in the everyday and not just within your time together.

Finally, once you have journeyed through all of the material, there is a MY GOALS reflection page to complete. This aims to not only consolidate your thoughts and discussions for the seven days, but also enable you to take DIRT POSITIVE beyond the 'now'.

DAY 1

PATIENCE

Daily Fitness Application

During your exercise today consider...
Rome wasn't build in a day, nor are our daily
goals always achieved.

DAY 1 - PATIENCE

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.

1 Corinthians 13:4-8 (NIV)

DAY 1 - PATIENCE

Patience is not the ability to wait, but how you act while you're waiting.

Joyce Meyer

DAY 1 - PATIENCE

1

- What is the best thing you've had to wait for?
- What made it worth the wait?

2

- How is a not yet different to a no?
- Is it always better?

3

- Who has been patient with you and how have you had to be patient with someone else?
- How did it impact you?

DAY 1 - PATIENCE

Prayer Focus

Waiting is something few of us are good at, the more we want something - a change of situation, a goal or fitness aspiration - the harder it can be to stay patient. Pray for God's peace as you wait for the time or ability to achieve your goal.

DAY 2

KINDNESS

Daily Fitness Application

During your exercise today consider...

We must be kind to our muscles
as well as our minds.

DAY 2 - KINDNESS

Love is patient, **love is kind**. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.

1 Corinthians 13:4-8 (NIV)

DAY 2 - KINDNESS

**Be kind to yourself.
You are amazing.
You are good enough.
You are worth it.**

Anonymous

DAY 2 - KINDNESS

1

- What was the last kind thing someone said to you?
- What difference did it make to your day?

2

- Why do we find it difficult to accept other people's kindness sometimes?

3

- How can you build confidence, empathy and resilience through being kind today?

Love is kind.
1 Corinthians 13:4

DAY 2 - KINDNESS

Prayer Focus

God has made us just as he intended us to be. Everyone different, but he loves us all the same regardless of how far or how long we're taking on a journey. Pray that God will provide reminders of just how special you are and all that you've achieved already.

DAY 3

OTHERS

Daily Fitness Application

During your exercise today consider...
How am I working with others, continually
supporting them and being consistent in
their lives?

DAY 3 - OTHERS

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour **others**, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.

1 Corinthians 13:4-8 (NIV)

DAY 3 - OTHERS

When we love God and draw closer to Christ, we find ourselves moving close to each other as a result.

Anonymous

DAY 3 - OTHERS

1

- How can working alongside others be so much better than trying to do things on our own?

2

- How is love shown by not being self seeking or being easily angered?

3

- How can you show love to someone you're journeying with by demonstrating these characteristics?

DAY 3 - OTHERS

Prayer Focus

We can't always change the people around us, but we can choose the people we're around, people who can love, guide and journey with us. Ask God to place people that will be positive influences in your life that can help you be the best version of you.

DAY 4

PROTECT

Daily Fitness Application

During your exercise today consider...
How am I defending, guarding, safeguarding
and shielding my daily sport and fitness?

DAY 4 - PROTECT

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. **It always protects**, always trusts, always hopes, always perseveres. Love never fails.

1 Corinthians 13:4-8 (NIV)

DAY 4 - PROTECT

**Everything you need is
already inside.**

Nike.com

DAY 4 - PROTECT

1

- What can you do to best protect the time that you spend exercising/looking after your well-being and mental health?

2

- Who can you ask to hold you accountable for protecting that time?

3

- How might protecting time for the things that are important to you make a positive difference in your everyday life?

DAY 4 - PROTECT

Prayer Focus

Our most sort after goals are precious to us. They keep you fighting and striving for better things. Pray for God's protection over the most important things in your life, that through sport/exercise we might be able to achieve even more than we imagined.

DAY 5

TRUST

During your exercise today consider...

Always know that you will
get there in the end.

DAY 5 - TRUST

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, **always trusts**, always hopes, always perseveres. Love never fails.

1 Corinthians 13:4-8 (NIV)

DAY 5 - TRUST

The kind of trust God wants us to have cannot be learned in comfort and ease.

Anne Graham Lotz

DAY 5 - TRUST

1

- How is trusting God different from trusting anyone or anything else?

2

- What's the biggest thing you've ever had to put your trust in?

Trust in the Lord with all your heart.

Proverbs 3:5

3

- What everyday trusts keep you going?

Never be afraid to trust an unknown future to a known God.

Corrie Ten Boom

DAY 5 - TRUST

Prayer Focus

Without thinking, we trust the shoes on our feet to protect our soles from the ground as we train or play. Ask God to help us trust him at the same, not-even-having-to-think-about-it level. To trust that we can achieve the things we set our minds on.

DAY 6

HOPE

During your exercise today consider...

Anticipate all of the positives that come
your way post fitness!

DAY 6 - HOPE

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, **always hopes**, always perseveres. Love never fails.

1 Corinthians 13:4-8 (NIV)

DAY 6 - HOPE

**I hope you know you're
capable and brave and
significant, even when it
feels like you are not.**

Anonymous

DAY 6 - HOPE

1

- What is your biggest fitness, mental health or well-being hope for this year?

2

- How is hope different from wishful thinking?
- What one wish do you hope might become a reality?

3

- How can your faith make a difference to the things you hope for?

***Hope is being able to see there is light
despite all of the darkness.***

Desmond Tutu

DAY 6 & 7

HOPE / PERSEVERE

Prayer Focus

Few people are good at seeing the positive things others see in them. All of us consider giving up from time to time. Pray for God to surround you in the knowledge that you can be and do all you want to, in sport, faith and life – because you are good enough!

Spend time reflecting on how you might now view your sport and life aspirations differently to how you did a week ago.

DAY 7

PERSEVERE

During your exercise today consider...

Always believe that it's worth the effort
and that you CAN do it!

DAY 7 - PERSEVERE

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, **always perseveres**. Love never fails.

1 Corinthians 13:4-8 (NIV)

DAY 7 - PERSEVERE

**Re-set. Re-adjust. Re-start.
Re-focus. As many times as
you need to. Just don't quit.**

Anonymous

DAY 7 - PERSEVERE

1

- Why is restarting or even changing direction not the same as giving up?

2

- What's the best example of perseverance you know of?
- How has that inspired you?

3

- What's the biggest thing you might gain from persevering towards a self-set goal?

***I may not be there but I'm closer
than I was yesterday.***

José N. Harris

DAY 6 & 7

HOPE / PERSEVERE

Prayer Focus

Few people are good at seeing the positive things others see in them. All of us consider giving up from time to time. Pray for God to surround you in the knowledge that you can be and do all you want to, in sport, faith and life – because you are good enough!

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MY GOALS

My Incentive



My Plan



My Hope


