

DIRT GOALS

EXERCISE. REFLECTION. WELLNESS.



SPORTS MISSION

DIRT – THE SERIES

DIRECTED

Each heading is focused on an element of GOALS

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 GOALS 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 GOALS, encouraging us to be intentional in the use of quotes, dwelling on Scripture from Acts 17:28 (*Amplified Bible*) 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 you and the group that you may be journeying with.

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 GOALS 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.

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 not only to consolidate your thoughts and discussions but also enable you to take DIRT GOALS beyond the 'now'.

DAY 1 GO

“

GOD HAS A PLAN FOR HIS CHURCH UPON EARTH. BUT ALAS! WE TOO OFTEN MAKE IT OUR PLAN, AND WE THINK THAT WE KNOW WHAT OUGHT TO BE DONE. WE ASK GOD FIRST TO BLESS OUR FEEBLE EFFORTS, INSTEAD OF ABSOLUTELY REFUSING TO GO UNLESS GOD GOES BEFORE US.

ANDREW MURRAY

”

DAY 1 GO

“

For in Him we live and move and exist [that is, in Him we actually have our being] *During your exercise today consider... how do you ensure that every part of your sporting life is rooted in and encompassed by God?*

Acts 17:28 (Amplified Bible) daily fitness application

”

DAY 1 GO

1.

Where are you heading?
Do you even know? If we start with the end in sight, what does the end look like?

2.

'In Him' - where are you in your faith journey as we get going?

3.

What's the goal (now/next) - do you have a plan of action? How might a plan help?

DAY 2 OPPORTUNITY

“

ONE DAY OR DAY ONE. YOU DECIDE.

ANON

”

DAY 2 OPPORTUNITY

“

For in Him we live and move and exist [that is, in Him we **actually have our being**] *During your exercise today consider... how you respond to the fact that the principle of life comes from God, therefore, so does the principle of sport.*

Acts 17:28 (Amplified Bible) daily fitness application

”

DAY 2 OPPORTUNITY

1.

Is there an opportunity you've ever missed and regretted it? Why didn't you take it?

2.

If you could ask for any (sporting/faith) opportunity, what would it be and who would you ask?

3.

What opportunities do you have to develop your journey of faith within sport? Could you help others to develop theirs too?

DAY 3 ACCOUNTABILITY

“

**WHEN WE LOVE GOD AND DRAW CLOSER
TO CHRIST, WE FIND OURSELVES MOVING
CLOSE TO EACH OTHER AS A RESULT.**

WISDOM QUOTES

”

DAY 3 ACCOUNTABILITY

“

For in Him we live and move and exist [that is, in Him we **actually have our being**] *During your exercise today consider... that it is only through God's grace that we play, we exercise, and we become team - 'us - together'.*

Acts 17:28 (Amplified Bible) daily fitness application

”

DAY 3 ACCOUNTABILITY

1.

Why is it (can it be) so important to travel/ journey close to God and other people?

2.

Do you currently have someone that you are accountable to within your sport/faith? What does that look like?

3.

What's the difference between knowing about someone (God) and knowing someone (God)?

DAY 4 LEAD

“

**SPIRIT LEAD ME WHERE MY TRUST IS WITHOUT
BORDERS, LET ME WALK UPON THE WATERS,
WHEREVER YOU WOULD CALL ME, TAKE ME
DEEPER THAN I COULD EVER WANDER, AND MY
FAITH WILL BE MADE STRONGER**

”

“ OCEANS (WHERE FEET MAY FAIL) ”

DAY 4 LEAD

“

For in Him we live and move and exist [that is, in Him we actually have our being] *During your exercise today consider... that without God we are nothing, so how does our exercise and sporting race look different without him?*

Acts 17:28 (Amplified Bible) daily fitness application

”

DAY 4 LEAD

1.

Read Ephesians 4:11-15. What is the difference between leading and being led? How does this link to sport/faith?

2.

How does the passage from Ephesians link with how we can lead by example?

3.

Can you share an example of a time where you have been led somewhere and learnt something new / developed in faith as a result?

DAY 5 START

“

**THE HOLY SPIRIT EMPOWERS US TO
ACHIEVE OUR GOD-GIVEN GOALS**

LAILAH GIFTY AKITA

”

DAY 5 START

“

For in Him we live and move and exist [that is, in Him we **actually have our being**] *During your exercise today consider... all that we are and have through sport and exercise comes from Him. Without him, we are nothing, there is no race, there's nothing to be part of.*

Acts 17:28 (Amplified Bible) daily fitness application

”

DAY 5 START

1.

What's your starting place?

2.

What do you think God is calling you to do/achieve in sport, faith and life?

3.

Think back to the Ephesians verses... What grace-gifts are going to help your God-given goals?

DAY 6 ANALYSIS

“

**A JOURNEY OF A THOUSAND MILES
BEGINS WITH A SINGLE STEP**

LAO TZU

”



DAY 6 ANALYSIS

“

Spend time dwelling in the word (*Amplified Bible*) 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 6 ANALYSIS

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 your daily exercise help you balance your home, work, fitness and faith goals?

3.

Continue to use the prayer focus for the next seven days to help you align, prepare, consider and respond.

PRAYER FOCUS

DAY 1

The sporting goals and aspirations we have need to be centred wholly in God. We need to make him part of this - he needs to guide us through. Pray for God's direction, ask him to run ahead as well as beside and behind you.

DAY 4

Sometimes our sporting and faith goals seem impossible, but sometimes you just have to take the first step - even before you're ready. Ask God for opportunities for you to take the first step, to use your God-given sporting grace gifts - even if you're not quite ready.

DAY 2

God's grace has given us the opportunity to experience sport and fitness - what we do with it and how we use it for his glory, that's up to you. Pray for opportunities for our sporting lives to glorify God.

DAY 5

Play the sport you love for the glory of The One who loved you enough to give you the talent, opportunity and drive to play in the first place. Spend time thanking God for all he has provided you with as you consider your next move.

DAY 3

When we move and play sport together, we move closer together. It's the same with people and with God. Pray for people to journey with, through not only your sporting life, but also your faith life. Ask God for these to overlap and that as a result you will become closer to him.

DAY 6&7

Reflect on how God has spoken to you in your sporting life over the previous days. How can you build speaking to God, silence and receiving from him into part of your exercise rhythms? Pray for God-given prompts to keep him at the centre of your faith and sporting life.

MY GOALS



MY INCENTIVE



MY PLAN



MY HOPE