**Sporty Friday Week 1 Program (Dodgeball Night)**

Welcome: Welcome to regulars and newcomers

Prayer: Let’s open our meeting in prayer.

Announcements: (1) Like us on Facebook to keep up to date with the latest news. (2) Follow us on Instagram! (3) Please put your praise and requests in the box! (4) Join our Friday Night WhatsApp Group for regular updates. (5) Join us this Sunday as we learn about being a disciple. (6) Join us next Friday for our Chess Night!

Video Clip from the film Dodgeball. Find the clip on YouTube at: <https://www.youtube.com/watch?v=-4QqksHXUCc>

Here are the rules of Dodgeball: (1) Only SIX people per team. (2) You rush for the ball but only throw from behind check line. (3) Anyone who is hit with a ball is out. (4) If you catch a throw you get a player back in and the thrower is out. (5) It you hit someone’s head with a ball you are out. (6) You CANNOT leave the court, if you do, you are out. (7) You can block a ball that is thrown at you with a ball in your hands.

Team Dodgeball: We will divide into teams and start with a round of friendly games where teams play each other and then the other teams play each other etc. Then we will have a knockout competition and there will be a draw to see which two teams play each other and then the next two teams play each other followed by a final game to reward the ultimate winners.

2-on-2 Dodgeball: Then each team will choose two players to compete in 2-on-2 Dodgeball - using the same knockout format as with the Team Dodgeball.

Small Group Time: (1) What did you enjoy most about tonight? (2) When have you been struck by “dodgeballs,” things that have drastically affected your life? (3) What weapons does God give us to fight these dodgeballs in life?  “Hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God. Pray in the Spirit at all times and on every occasion.” (Ephesians 6:16-18) (4) Pray for each other to use these weapons to defeat the attacks of the evil one.

Refreshments: It is time for refreshments.