**Sporty Friday Week 4 Program**

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 Spirit-Empowered. (6) Join us next Friday for Cricket Night!

The theme for tonight is Athletics!

Video Clip: Funny scene from the film, Old School. Find the video on Youtube: <https://www.youtube.com/watch?v=cnSaugYLSW4>

We have 6 games prepared for this event:

1. Blind-fold Obstacle Course - We will set out an obstacle course in the youth room, with chairs, and any random things we can find. All the team members will be blindfolded except one. They will have to do the course holding hands. We will time each team, and the fastest team wins that game.
2. Face the Ball - This is a relay race, teams have to push the ball across the room and back using only their faces. All the teams will compete at the same time, the team that finishes first, wins. We can use the dodgeball balls.
3. Speed Skating - This is a game that will relate to the winter Olympics, it's also a relay game. Teams will have to race across the room, each team sending one person at a time. They can only get across the room by standing on paper plates, which are their ”skis." The team that gets across the room first, wins.
4. Straw Javelin - Teams get a straw, and they have to see how far they can throw the straw, javelin style. The team that gets the furthest wins.
5. Ping Pong Ball Toss (Shot put) - Teams will line up with a chair in front of each team. Teams have to see how many ping pong balls can land on their chair in the time given. We could have the chairs relatively far to make the challenge difficult. The team with the most balls on their chair wins.
6. Long Jump - We can make a line on the ground with masking tape. Each Team has 3 tries to see how far they can jump past the line. The team that jumps the furthest wins.

Winners: The winning team is announced and awarded!

Small Group Discussion: (1) What made tonight challenging? (2) What are some of the challenges you’ve faced this week?(3) How do you know that God cares for you, and will help you overcome challenges? 1 Peter 5:7 says, "Cast all your anxiety on him because he cares for you.” (4) Pray that you’ll be able to overcome your challenges with God’s help.

Refreshments: It is time for refreshments.