**Sporty Friday Week 5 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 Socially Responsible. (6) Join us next Friday for Basketball Night!

The theme for tonight is Cricket!

**Video Clip:** Trailer for Hansie. Find the video on Youtube: <https://www.youtube.com/watch?v=w3oNWQegbn8&feature=youtu.be>

We have 2 warm-up games and then a main tournament:

* **Warm-up 1:** (1) Divide into teams. (2) Team members must throw the ball between each other, trying to hit the stump (Chair).  (3) To test your skills, you will be told to throw the ball with either your left hand, or your right hand. (4) This warm-up will prepare you for the match!
* **Warm-up 2:** (1) Get into TWO lines facing one another. (2) The person at the beginning of  line ONE throws the ball to the first person of line TWO. (3) Once the first person of line ONE has thrown, they must run and join the other end of their line. (4) Then the first person of line TWO throws the ball to the second person of line ONE. (5) This Warm-up is good for co-ordination and will help you in the match!
* **Cricket Tournament:** (1) You will play in your teams. If you hit the ball, you must run. (2) If you miss the ball TWICE you are out. (3) If the ball hits your body, you are out. (4) The Umpire’s Decision is final. (5) The team with the most runs, wins!

**Winners:** The winning team is announced and awarded!

**Small Group Discussion**: (1) What was the best part about tonight for you? (2) How consistent are you with your goals and why are you that consistent? (3) “Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night.” (Psalm 1:1-2) Why is it so important to God for us to be consistent with His word? (4) Pray that each person in your group will be consistent with sowing the Lord's word into their life.

**Refreshments:** It is time for refreshments.