**Sporty Friday Week 7 Program**

**Welcome:** Welcome to regulars and newcomers.

**Prayer:** Let’s open our meeting in prayer.

**Announcements:** (1) Follow us on Instagram! (2) Join our Friday Night WhatsApp Group for regular updates. (3) Join us at Zoo Lake on the 21st of March from 9-12 for our Youth Outing. (4) This Sun-day we will be learning about being Leadership-empowered. (4) Join us next Friday for Football Night!

The theme for tonight is Tennis!

**Video Clip:** Tennis Stereotypes. Find this video on Youtube: https://www.youtube.com/watch?v=gF8QGGHcYuw&t=137s

**Tennis Tournament Instructions:** (1) Break into eight teams and stand in one of the boxes. (2) The table is your playing field. (3) The game will be played with your hand and a tennis ball. (4) You will play individually, but every team member must get a chance to play. (5) Each individual round is ‘Best of 3.’ (6) Winning teams from each table will play in a semi-final. (7) Winners from the Semi-final will play in a final round on the Table Tennis Table!

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

**Small Group interaction:** (1) What was your favourite part of tonight?(2) In what way was it helpful to think about your tennis moves before you played? (3) Wise people think before they act; fools don’t—and even brag about their foolishness. Proverbs 13:16. Do you agree with this verse? Why or why not? (4) Pray that this week you will think carefully before you act!

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