

The Judges: Using Our Gifts

Workshop: Physical Strength

Bible Text: Judges 4, 6-8, 13-16 NRSV

Memory Verse: 1 Corinthians 12:7 CEV

“The spirit has given each of us a special way of serving others.”



Name _____

Are you spiritually fit????

Take this physical fitness test:

- 1) Do five push-ups.
- 2) Do ten sit-ups.
- 3) Touch your toes ten times.
- 4) Do three pull-ups.
- 5) Run around the outside of your house three times without stopping.

Do this everyday and you will probably stay physically fit.

Here's a spiritual fitness plan:

- 1) Read your Bible and think about what God says.
- 2) Spend time in prayer every day.
- 3) Pray for others who need special help.
- 4) Do at least one loving thing for someone else each day.
- 5) Try to please God in everything you do.

Use the space on the back to write out your own spiritual fitness plan for this next week. For example you might want to choose which books(s) in the Bible to read, who you want to pray for or list some nice things you could do or say.