

PHILIPPIANS 3:1-14

Have you ever played sports at your school? Maybe you decided to try out for the football team. After weeks of practice, you expect to win. You worked hard to get in shape and practiced, and you did it expecting to win games. In football, your main goal is to win. In the same way, we have a goal in life sometime you may hear this being called a 'calling'. God has called us to do things for Him while we're on earth. The specific things He wants us to do are different for each person, but you have something in your life that God is asking you to do. You might be called to be an encouragement to someone, to a certain career or called into ministry. Regardless of what your calling is, it should be something that you are actively trying to do. He won't love us less if we don't do it, but often we are blessed in the doing and others are blessed by what we do.

It's easy to get busy in life and forget the things God has called you to do. So challenge yourself today to not let go of the dreams and callings that God has placed on the inside of you. They might not always happen right away, but that doesn't mean God wants you to stop trying.



Get Training!

Make an obstacle course inside or out, with things you have around your house. How quickly can you make it round the course?

If you do it again are you quicker?

Ideas for rules you might want to include;

- Jump over
- Run around
- Crawl under
- Spin

What's my calling?

How do we know what to train in if we don't know what God is calling us to do?

Here's some ways you could find out:



Pray: Ask God. Don't worry if you don't hear straight away. God might answer in words or pictures or through someone else.



Think: What are you naturally passionate about? That might be a calling God has given you that he wants you to work on.



Ask: Ask someone else what they think you are good at.

Sometimes other people can see the good things we can't.





We are in the time of Lent when Christians prepare for Easter. In the past people have trained their bodies by fasting (giving up certain foods) to remind them of the 40 days and nights that Jesus spent being tempted.

Could you train this lent by doing an activity each day with God? Try out the Lent Calendar from Together at Home www.tath.co.uk

Make it!

Making a salt dough medal to remind you that you need to practice your calling to be really good at it!

Making Salt dough is really easy and fun and you can make all sorts of things with it but remember it's not for eating.

Makes 1 ball

Prep 10 minutes

Cook 3 hours

1 cupful of plain flour (about 250g)

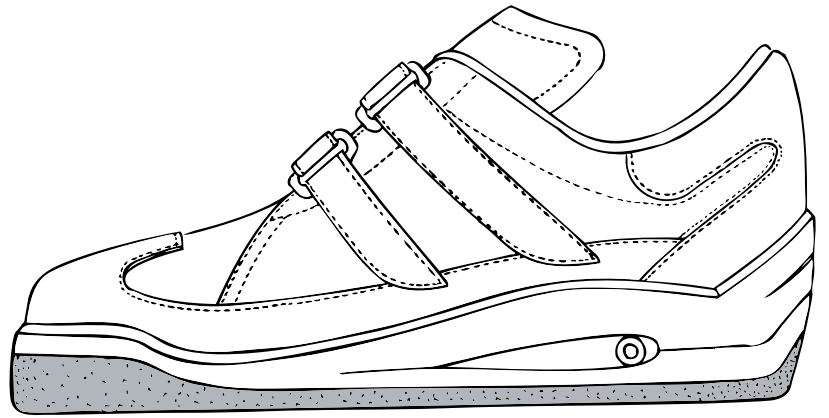
half a cupful of table salt (about 125g)

half a cupful of water (about 125ml)

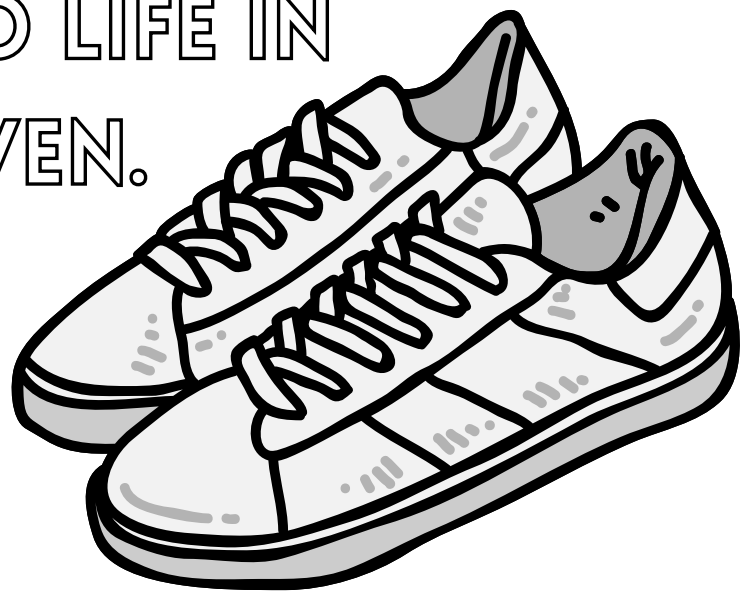
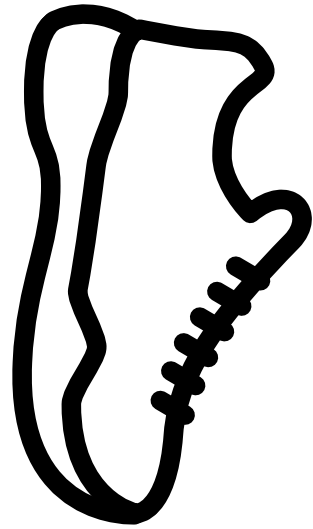
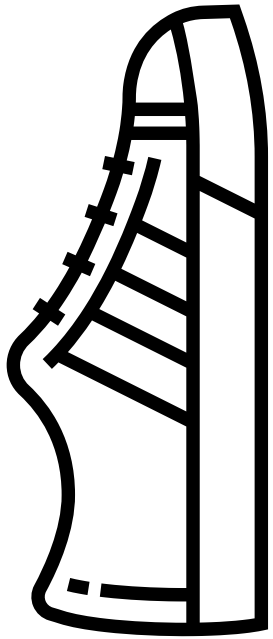
Method

1. Preheat the oven to its lowest setting and line a baking sheet with baking parchment.
2. Mix the flour and salt in a large bowl. Add the water and stir until it comes together into a ball.
3. Transfer the dough to a floured work surface and shape into your chosen model. You can roll it out and cut out shapes, numbers or letters using biscuit cutters, or make any kind of model you can think of.
4. Put your finished items on plate and microwave on high for 1 and 1/2 minutes to 3 minutes
5. Leave to cool and then paint.





I KEEP RUNNING HARD
TOWARD THE FINISH
LINE TO GET THE PRIZE
THAT IS MINE BECAUSE
GOD HAS CALLED ME
THROUGH CHRIST
JESUS TO LIFE IN
HEAVEN.



PHILIPPIANS 3:14

**DESIGN YOUR OWN TRAINER
MADE FOR RUNNING**

