

Spiritual Circuit Training

1 Timothy 4 v 8

“Training your body helps you in some ways, but serving God helps you in every way by bringing you blessings in this life and in the future life, too.”

There are lots of exercise routines and videos being shared online, but we also need to take time and keep in training for our service to God. Why not set up your own Spiritual Circuit training stations - set a timer to go off every two minutes and work your way around completing each challenge!



Read your Bible

It is good to read God’s word every day – here are some great verses you could look up in your Bible.

1 John 2 v 6

1 Corinthians 3 v 16

Galatians 3 v 26

John 3 v 16

John 14 v 6

We know that God likes to speak to us through the Bible – so once you had found and read the verse spend some time thinking about what it means for you.

Listen to God

Set up a listening station where you can listen and see what God is saying to you. Remember that God can speak to us in many different ways.

Words

Pictures

Presence

Feelings

Bible Verses



Pray for Others

It is great to spend time praying for others. Why not put out some photos of friends and family members that you can take time to pray for. Here are some groups of people you could take time to pray for.

Government

Friends

Keyworkers

Family

Teachers

Church Leaders



Share some love

We can share God’s love with others. Set up a station with pens and paper where you can write or draw an encouraging message for somebody else.

You could say thank you to them for the way they show you love, celebrate some of the talents that God has given them or just tell them some of the reasons why you love and care for them.

Why not ask God who he would like you to write a message to and what He would like you to say?