

## Thetford Sports Ministry

Can you help us make a gift to Susie's Sports Ministry in Thetford by trying out our Sports Challenges and Reflections?  
Our start date is Sunday 28<sup>th</sup> August and we cross the finishing line on Saturday Sept 24<sup>th</sup>, ready for Susie's Gift Day on September 25<sup>th</sup>.

Sunday 28 <sup>th</sup> August	Monday 29 <sup>th</sup> August	Tuesday 30 <sup>th</sup> August	Wednesday 31 <sup>st</sup> August	Thursday 1 <sup>st</sup> Sept	Friday 2 <sup>nd</sup> September	Saturday 3 <sup>rd</sup> Sept
Pray for Susie's Sports Ministry in Thetford and for lives to be changed as a result of engagement with sport, faith and the church.	Think about the different sports that you have taken part in or tried. Donate 20p for each one.	Take the Carbon Challenge and ditch the car this week. Try walking, biking or taking public transport,	We take it for granted that we have water bottles available when we exercise. Pray for those who are facing drought or have a lack of water. Donate 20p for each tap in your house.	Have you bought a treat today? Donate the same amount to support our Sports Ministry.	Use a ball to help you with prayer – or an apple or an orange. Pass it from hand to hand or toss it up and down and say the name of someone you want to pray for each time.	Donate 10p for every goal your football team scores today. 50p donation if you have no team!!
Sunday 4 <sup>th</sup> September	Monday 5 <sup>th</sup> September	Tuesday 6 <sup>th</sup> September	Wednesday 7 <sup>th</sup> Sept	Thursday 8 <sup>th</sup> Sept	Friday 9 <sup>th</sup> September	Saturday 10 <sup>th</sup> Sept
Athletes are supported by their coaches who help them do their best. Who would be there for you? Take a moment to thank God for their presence in your life.	Susie has many skills that she is passing on in her ministry. Give 50p for each skill you have that you could pass on to others.	Today is National Read a Book Day. Choose your favourite bible passage to read and pray for our churches in Thetford.	Healthy eating is key to performing well in sport. Give £1 if you had a healthy breakfast today.	Donate the money you would have spent on fuel this week from doing the Carbon Challenge.	Take a short walk in your area. As you walk, thank God for everything that brings you joy in your community.	Some people have to walk for hours to collect water. Give 20p for each time you turn on the tap and use clean water this weekend.
Sunday 11 <sup>th</sup> September	Monday 12 <sup>th</sup> September	Tuesday 13 <sup>th</sup> Sept	Wednesday 14 <sup>th</sup> Sept	Thursday 15 <sup>th</sup> Sept	Friday 16 <sup>th</sup> Sept	Saturday 17 <sup>th</sup> Sept
During lockdown we missed being able to exercise in open spaces when we wanted to. Give 50p for each outdoor space you have available to exercise in.	Go for a walk with someone else this week and share what you're doing for our Sports Challenge.	Fast over one of your meals today and donate the money you would otherwise have spent on food. Use this time to pray.	Thank God for the rich variety of your diet. Look in your fridge and count the number of items of fresh produce. Give 20p for each one.	Sports injuries can be life changing. Pray for those whose lives have been affected by injury and for the NHS workers who care for us.	How would you manage if you couldn't access healthcare? Give £1.50 for every health centre and hospital in your area.	Donate 10p for every goal your football team conceded today. 50p donation if you have no team!!
Sunday 18 <sup>th</sup> Sept	Monday 19 <sup>th</sup> Sept	Tuesday 20 <sup>th</sup> Sept	Wednesday 21 <sup>st</sup> Sept	Thursday 22 <sup>nd</sup> Sept	Friday 23 <sup>rd</sup> September	Saturday 24 <sup>th</sup> September
St. Paul used the image of an athlete to describe the Christian life. (1 Cor. 9:25-27). Think about how sports can provide a good metaphor for the Christian life? Are you on the Lord's team?	Often everyone in a sports team works together to ensure that the team plays well. Think of a time when you have worked well as part of a team. What were you doing?	There are many types of footwear and equipment needed for different sports. Give 20p for each pair of footwear that you own.	International Day of Peace. Take a minute's silence at 12.00 and pray for peace, being part of the 'Peace Wave' around the globe.	We need sleep to stay healthy and fit. Give £1 for every bedroom in your household.	Donate 10p for every year you played sport in school. Pray for all the children taking part in Susie's Sports Ministry activities.	Reflect on how we can support Susie and Thetford Sports Ministry in the future by volunteering our time, donating or praying.

This has been inspired by Christian Aid's Count Your Blessings and is a vehicle for us to prayerfully consider what we are grateful for and how we can practically support Susie's Sports Ministry.

These ideas do not have to be followed slavishly!! Please support in whatever way you can. God Bless.