



FASTER, HIGHER, STRONGER

PART OF THE OLYMPICS THEMED PROGRAMME



GETTING INTO THE ACTIVITY

A look at the Olympic motto, 'Faster, Higher, Stronger' and how we can aim to be faster, higher and stronger Christians.

The Olympic motto is Latin - 'Citius, Altius, Fortius'. Does anyone know what that means? Faster, Higher, Stronger.

Get the group to think about sports in the Olympics which challenge athletes to be faster, higher or stronger. E.g. runners (fastest), high jumpers (higher) or weightlifters (stronger). Have some silly competitions to see which children are faster, higher or stronger.

Faster: Who can name 10 countries the quickest? Complete 3 bottle flips the quickest?

Higher: Who can sing the highest note? Who can recall their 7 x table to the highest number?

Stronger: Who can do the most press-ups in 30 seconds?

The Olympics challenge athletes to be the best that they can be. It takes a lot of hard work and determination to be an Olympic athlete. Being a good Christian also takes a lot of work and determination. Christians could also use the motto of 'faster, higher, stronger' to help remind them of how to live their life. Christians should be: **FASTER** to lend a helping hand to those that need it the most. Lift others **HIGHER** with good words, deeds and actions. Pray often to help build a **STRONGER** relationship with God. Discuss ways in which all of us can be faster, higher & stronger Christians. What can the group aim to do over the next week to achieve one or more of the motto's themes? Finish in prayer.



WHAT YOU'LL NEED

- No Equipment Needed



KEEPING EVERYONE SAFE

Please maintain social distancing as required. Shared equipment should be kept to a minimum. When using shared equipment, hands should be washed both before and after the activity.