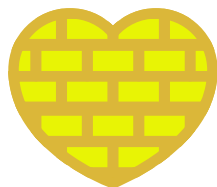




Older
People's
Ministries



BOLDER
It takes a village

Mid-week Celebration

BOLDER: Be Bold and Be Strong

Introduction:

Explain that this celebration is about celebrating the strength of our bodies, our minds and our spirits. There will be time to pause, time to pray, but time to dance too!

Play the YouTube video 'Be Bold, Be Strong' - <https://youtu.be/OWqa4Rpq4PE>

Bible Reading:

1 Corinthians 6:19-20 (NIV)

'Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your bodies.'

We may not be training to run a marathon or to join the badminton club, but we can help our body, mind and spirit to be strong, and this is a bold action to choose!

Pause, Pray, Propel:

Download and print out copies of the 'Pause, Pray, Propel' sheet created by Rob Moye, Sports Mission Lead for the UKI Salvation Army www.salvationist.org.uk/resources/international-day-older-people-2024

Leader's note: You know your group best. You know their abilities and concentration levels, so you are the best person to decide how long this part of the session should take. Please provide enough copies for everyone to take home and continue their bold step into caring for their bodies.

Song:

'Fight the good fight' – SASB 952

This can be either sung or read verse by verse. Copies of this could be printed in large print for people to take home.

Closing Prayer:

Lord, make us bold in our love for others.

Lord, make us bold in our kindness to strangers.

Lord, make us bold in forgiving ourselves.

Lord, make us bold in forgiving others.

Lord, give us strength to face each new day.

Lord, make us strong in all we do and say.

Lord, strengthen our minds and our bodies too.

May we praise and worship you in all that we are and all that we do.

Amen.

