



Run for God begins Monday, September 9!



The Run for God program offers a unique opportunity to join the 5K challenge, a practical guide to running and a 12-week training plan aimed at completing a 5K while maintaining a Christian focus. Our program's primary goal is to prepare people to be better witnesses for Christ physically, mentally and spiritually.

The Run for God weekly meetings begin with a short devotion taken from the 5K Challenge study guide. The workout plans, discussion questions and Bible verses make it a practical resource and a workbook. It has advice about shoes, Christian music for one's MP3 player, tips on race etiquette and ultimately teaches us how to spread the gospel of Jesus Christ while also illustrating the parallels between an endurance sport and the endurance that faith requires. You do NOT have to purchase this book to participate! But if you would like to buy one, there will be a sign up sheet to do so. The cost is \$20 per book.

Following the devotion, we will adjourn for a short break prior to our workout session outside. This allows for bathroom time, stretching and gathering for our group huddle and prayer. Here's an EXAMPLE workout for week 3.... *Start with a brisk 5 min warm up walk. Then alternate 90 seconds of jogging and 2 mins of walking. Do this for 20 mins. Follow up with a 5 min cool down walk. Total workout time 30 mins.* There will be someone with an air horn to let you know when to switch from walking to running and back again.

This study is for everyone! In fact, *it is designed for those who have never run.* Working together, students are not only prepared for a race at the end of the course, but for a closer relationship with a loving God who wants to see us run for Him! Be ready for your first 5K road race in just 12 weeks and learn how this sport relates to the Christian faith in the process.

FAQs

Q: What if I don't get "signed up"?

A: Doesn't matter! Just bring your friends and show up at the meeting. The sign up sheets are there to provide emails and phone numbers. You will be given that opportunity at the meeting.

Q: How much does it cost?

A: Nothing!

Q: Do I need any equipment or supplies?

A: No, dress comfortably. As a matter of fact, don't even buy new shoes. There will be a discussion about running shoes later in the course.

Q: What ages can take this course?

A: This course was designed for everyone from 1st grade on up! We strongly encourage families to take the course together. It's a great time to pray & stay healthy together.

Q: Is the Run for God program designed only for Christians?

A: Absolutely not! It's for everyone. It's non-denominational and non-confrontational.

Q: Where will we run?

A: On meeting nights, we will run at the church; around the parking lot or possibly the block. The important thing is to be able to hear the air horn for the run/walk signals.

Q: What 5K race will we all run together at the end of the course?

A: The La Fayette Optimist 2nd Annual Reindeer Run. This is a fun race! Lots for the family to do before and after the race.

Q: I can't run!

A: If you have the desire to be used by God in a new and different way, then pray about this and ask Him for wisdom and direction. There are many people in the Bible who gave excuses as to why they couldn't and shouldn't do something different for God. God tells us that "My grace is sufficient for you, for my power is made perfect in weakness." We won't ask you to do anything that YOU don't think God is able to do.

If you have any questions, please call the church office at 706-638-2732 or contact Cindy Brewer at 423-322-5785.