# Cross Fit

By Deborah Wassenberg

*Cross Fit training programs are very popular. People who train in Cross Fit use varied and challenging work outs to build, strengthen and condition their bodies. Every day the training can be different but the goal is to build a body that is capable of doing practically anything and everything. As Christians we need to be Cross Fit! So surrendered to Jesus that we can do anything and everything He asks us to. Now that's what I call a challenge. (There's a Cross Fit Glossary at the end of the lesson so you can add your own ideas to your program.)*

## You Tube Song Suggestions:

- Zeal (chapelhill kids channel)
- As the World Shakes Lyric Video (Hillsong Kids)
- Step by Step (Jana Alayra)

## Sketch: 'Cross Fit Warm Up'

*If you are a dedicated Cross Fit devotee I do apologise for this sketch. We Kid's Ministry leaders will use anything to teach our kids! Sam is a Kid's Church volunteer. The Cross Fit instructor can be played by a real instructor if you know someone. Or maybe you know a parent who trains and would happy to have some fun and play the part for you. Sam is dressed in daggy gym gear with way too many sweat bands on the wrists and around the head, and doesn't know a thing about Cross Fit training.*

*Props: pull up nappy, cardboard box, and a wooden box or crate for the instructor, fizzy drink or SFX of a burp.*

Instructor: Are you Sam? The Kid's Church volunteer? I was told to take you through your Cross Fit WOD.

Sam: WOD?

Instructor: Workout Of the Day.

Sam: Oh yeah. I'm Sam. I need to get fit so I can be a great Kid's Church leader.

Instructor: Before we begin our work out let's start with a warm up.

Sam: Actually, I was so excited I went ahead and started my warm up before you got here.

Instructor: Have you done much Cross Fit training?

Sam: Never done it before in my life!
But I'm awesome at it.
Wanna see?

Instructor: You really shouldn't be training without an instructor.
You could hurt yourself.

Sam: Nah. I'm a natural.

Instructor: Okay, show me what you've got.
Start with pull ups.

Sam: Oh. I tried the pull ups.
Didn't have much success with that warm up, though.

Instructor: No? You'd better show me.

Sam: *(Pulls out a pull up nappy and tries to put one leg through)*
I couldn't get this thing on.
They don't make pull ups in my size.
So I don't know how you manage it, mate.

Instructor: It's not that kind of pull up!

Sam: That's a relief.
I really didn't want to sweat THAT much.
Can you show me?

Instructor: *(Throws the nappy away.*
*Demonstrates the pull up)*
That's how you do a pull up *(shaking head)*

Sam: Okay, I got it.
*(Tries to do a pull up but a bit wobbly)*

Instructor: What about box jumps?
Have you been doing any box jumps?

Sam: Oh, to be honest I had a bit of trouble with that too.

Instructor: Show me.

Sam: (Grabs a cardboard box)
I don't know if this box is broken or what.
(Throws the box down)
See, the box won't jump.
(Picks it up and throws it down)
I can't make it jump.
(Picks it up and shakes it)
Maybe it's faulty.

Instructor: That is NOT a box jump!
**You** are supposed to jump up on a box.

Sam: Hey?
You sure about that?

Instructor: Yes, very sure.
*(Pulls over a proper wooden crate or box and demonstrates)*

Sam: Oh.
*(Throws cardboard box away over shoulder)*
I don't think I'm ready to try that.
I might need to warm up before my warm up
if you know what I mean.

Instructor: What about Burpees?

Sam: Oh, yeah!
Nailed it.
Ready?
*(Does a massive burp – use a sound effect or some fizzy drink)*
Howzat!

Instructor: *(Scowls and shakes his head)*
That's not it.

Sam: Sure it is, mate.
I'll do another.
*(Another burp)*

Instructor: That is NOT a burpee.
This is how you do a burpee.
*(Demonstrates)*
Now…push jerk.

Sam: Huh?

Instructor: Push. Jerk.

Sam: Um…

Instructor: Come on!
Don't just stand there!
Push jerk!

Sam: *(Pushes Instructor's chest with finger.*
*Instructor is immoveable.*
*Sam uses open hand to push Instructor's chest.*
*Instructor is still immoveable.*
*Sam backs up so he can take a run up*
*at the Instructor who still doesn't move)*

Instructor: What do you think you are doing?

Sam: *(In a whimper)*
You told me to push jerk!

Instructor: Who are you calling a jerk?

Sam: Um…well, I don't think you're being very nice to me.
I've been training all morning.
I'm exhausted.
And I'm doing my best you know….

Instructor: This is a push jerk!
*(Demonstrates)*
Got that?

Sam: Oh….
I thought you meant 'push' *(pushes Sam again)*
'Jerk' *(says softly and looks down at the floor)*
Oops…
I'm not feeling very well.
Why is the floor moving?
Somebody?
I need electrolytes…
*(Faints)*

Instructor: Finally, a move I recognise…
*(To the kids)*
A dead lift…*(Picks up or drags Leader off)*

# Lesson: The Way of the Cross
# Bible References: Matthew 16:13-28; Luke 9:18-27

**Suggested Visuals for PowerPoint or Flashcards**

Visual 1: Jesus and Disciples
Visual 2: Peter
Visual 3: Jesus on the Cross
Visual 4: Jesus and Peter
Visual 5: Jesus carrying His Cross
Visual 6: Child looking at the Cross
Visual 7: Child surrounded by activities and people
Visual 8: Jesus risen

Words:

1: Woah.
That was intense.
Would you like to do Cross Fit training? (Discuss)
Did you know there's another kind of Cross fit training?
Everybody who wants to follow Jesus has to do it.

Then Jesus and his disciples went away to the villages near Caesarea Philippi. On the way he asked them, 'Tell me, who do people say I am?'
'Some say that you are John the Baptist,' they answered; 'others say that you are Elijah, while others say that you are one of the prophets.'

2. 'What about you?' he asked them. 'Who do you say I am?'
Peter answered, 'You are the Messiah, the Son of the living God.' Jesus said, 'Blessed are you Simon Peter. For this truth did not come to you from any human being, but it was given to you directly by my Father in Heaven. Then Jesus ordered them, 'Do not tell anyone that I am the Messiah.'

3. Then Jesus began to teach his disciples that He must suffer much and be rejected by the elders, the chief priests, and the teachers of the Law. He'd be put to death, but three days later he would rise to life. He made it very clear to them. Jesus **had** to suffer, die and rise again. All these things had been prophesied in the Old Testament. *(Isaiah 53:3-12)* It was what Jesus had agreed to do. To take the sin of the whole world on Himself and die in our place so we could come back to God and have eternal life.

4. So Peter took Jesus aside and began to tell Him off. But Jesus turned around, looked at his disciples, and rebuked Peter. 'Get away from me, Satan,' he said. 'Your thoughts don't come from God but from human nature!' Peter had been sincere, but he was sincerely wrong. Peter loved Jesus. He did not want Him to die. This time he was not hearing from God. Satan was using Peter to discourage Jesus and Jesus knew it. Satan tries to use us in the same way…so make sure you're hearing from God before you say things to people. This gets easier with practise.

5. Then Jesus called the crowd and his disciples to him. 'If any of you want to come with me you must forget yourself, carry your cross, and follow me.'
What was Jesus talking about?

6. Jesus was forced to carry the cross through the streets of Jerusalem to Golgotha where He would be crucified. Because He had been whipped and beaten He didn't have the strength to carry it all of the way. The Roman soldiers pulled a man from the crowd, Simon from Cyrene, to help Jesus carry it.

7. And here Jesus is, before it has actually happened, challenging people that if they want to follow Him they must carry a cross, too. When Jesus died on the Cross He lost His reputation and His life. Are you willing to lose your reputation or your life for Jesus? What about losing friends or family who think you are crazy for following Jesus? What about losing sport or hobbies because Jesus has other things for you to do? Not all these things may happen to you…but they could. Taking up your cross to follow Jesus means He is more important to you than anyone or anything else.

8. So you see, it is a **big decision** to follow Jesus. Every day you take up **your cross** and give up what you want, for Jesus. If you choose to forget yourself, carry your cross and follow Jesus…you really will be Cross fit! It takes training. It takes dedication. It takes sacrifice. But it is worth it. Because when you stand in front of Jesus one day, you won't be worried about family, or friends, or being important. At that moment it will be all about what you did for Him!

## Ministry to the Children:

Sing: 'I Have Decided to Follow Jesus'.

Say: Have you ever heard of a Hero WOD? It's '**W**orkout **O**f the **D**ay' and named after military personnel, law enforcement officers or firefighters who have died in the line of duty. They gave their lives serving others. Well, Jesus gave His life for the entire world. (Read Romans 5:1-11 GNV from the Bible.) Will you follow Jesus today? Will you forget yourself and take up your cross and live for Him? *Altar Call.*

## Memory Verse: Mark 8:34b

'Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me.'

Create cardboard footprints, one per word of the Memory Verse. Set them out in the correct order on the floor. You may need to secure them underneath with duct tape depending on the floor surface. Children take turns stepping on each footprint, following the footsteps, saying each word aloud. Encourage the children to say the verse as their friends follow them, too.

## Cross Fit Games: Odd Object Conditioning Course

Cross Fit trainers use all kinds of objects to challenge people in training. So, set up a course in your outdoor area and place objects along the way for the children to negotiate or lift. Here's some ideas of objects you could use. *(Remember to do some warm ups first. Use and the Instructor from the sketch to involve the children. Do a safety check before the children use the course.)*

- Monkey bars
- Ropes
- Tyres
- Beanbags
- Logs
- Piggyback rides
- Backpack with some Bibles inside

## Craft: Cross Crafts

- Make a paddle pop stick Cross and decorate
- Water resist painted Cross art activity *(my kids loved this one)*
- Stained glass Cross art activity
- Beaded Cross necklace *(excellent for older kids)*

You'll find the instructions for these crafts on various websites.

## Cross Fit Glossary:

**AMRAP:** As Many Rounds/Reps As Possible.
**Box:** CrossFit gym.
**BS:** Back Squat
**BW (or BWT):** Bodyweight
**C & J:** Clean & Jerk

**CFK:** CrossFit Kids
**CrossFit:** Constantly varied, functional movements performed at high intensity.
**DL:** Deadlift
**Erg:** Concept 2 Rower
**FGB:** Fight Gone Bad
**FS:** Front Squat
**Girls:** CrossFit benchmark workouts with female names. They are not named after specific girls.
**GPP:** General Physical Preparedness
**Heroes:** CrossFit benchmark workouts that are named after fallen military personnel, law enforcement officers and firefighters. These workouts are a way of honoring these heroes.
**Met-Con:** Short for metabolic conditioning
**HSPU:** Handstand Push-Up
**KB:** Kettlebell
**KBS:** Kettlebell Swing
**KTE:** Knees to Elbows
**Met-Con:** Metabolic Conditioning.
**MU:** Muscle-Up
**OHS:** Overhead Squat
**Oly:** Olympic Lifts – Snatch, Clean, Jerk, and often accessory lifts relating to the main olympic lifts.
**PB:** Personal Best
**Pd:** Pood. A unit of measure for the kettlebell. 1 pood = 16 kg (35.5 lbs).
**PP:** Push Press
**PU:** Pull-Up. Occasionally push-up.
**Rx:** Prescribed. As in doing the WOD as prescribed- weights, range of motion, etc.
**Skill:** A movement requiring practice and technique, not only power/strength.
**Strength:** Having the power to move heavy weights or perform other physically demanding tasks.
**TTB:** Toes to Bar
**Unknown and Unknowable:** What we're preparing for. Basically the idea that we may someday be faced with any number of tasks, and we would like to be as proficient as possible in accomplishing those tasks.
**WOD:** Workout of the Day