...love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.

—Mark 12:30

THE ATHLETE

Mental

BIBLE MEMORY

Joshua 1:9
1 Corinthians 16:13-14
Psalm 31:23-24
2 Timothy 1:7
Isaiah 40:29-31
Psalm 73:26
Philippians 4:13

2 Corinthians 12:9-10
1 Chronicles 16:11-12
Habakkuk 3:19
Ephesians 6:10
Mark 12:30
2 Peter 1:3-4
2 Timothy 2:5

CREATIVITY

• Set Scripture to music to help you memorize it.
• Write a story that teaches about the importance of training.
• Draw, paint, or color something that motivates you to train.
• Paint an abstract painting that conveys how it feels to train.
• Create a space where you can train without interruption.

READING

Any Lamplighter Book(s)

Read as many Lamplighter books as you can, and explain in your daily journal what you’ve learned from each story.
**Physical**

**SERVICE**
- Write encouraging letters, notes, or cards for others.
- Keep an eye out for what needs to be done and do it (no matter where you are).
- Participate in community service.
- Pick up trash from the side of the road (with supervision).
- Be involved at your church (work with the younger kids, participate in music, or help clean the building(s)).
- Clean out and organize your room. Donate items you no longer need.
- Encourage others with sincere compliments.
- Help others anonymously.

**EXERCISE**
- Do 10 minutes of full-body stretches.
- Do 3 rounds of 10 jumping jacks, squats, and lunges.
- Run each day, increasing time and distance as you’re able. Cool down with a 10-min walk.

**CHORES**
- Take out trash.
- Dust furniture.
- Clean bathroom.
- Sweep hardwood floors.
- Vacuum carpets and rugs.
- Organize cluttered rooms.
- Wash/dry dishes and put away.
- Do laundry (wash, dry, fold, put away).
- Clear off kitchen counters and wipe them down (clean the kitchen sink while you’re at it!).

**Spiritual**

**APPLY**
- As you work, sing songs of praise and thanksgiving.
- Thank God for His faithfulness and love for you. Be specific. Share with others.
- Find a friend to share about how your Scripture reading is affecting you.
- Share your favorite worship music with others.
- Ask the Lord to show you how to share His love with others.
- What is a lesson you learned in your Lamplighter book reading? Find a way to apply it.
- What was significant in your Scripture memorization? Find a way to apply this.
- Memorize the Romans Road.

**OBSERVE**
- Words are powerful. Choose wisely.
- Watch how someone else trains. Is there anything you can learn from them?
  - Find a way to encourage family members in a specific way.
  - Listen for the still small voice of God in your life (especially while reading Scripture!).
- Listen to a Lamplighter Theatre audio drama and write a journal entry about the lesson it teaches.

**STUDY**
- Word Study—use a concordance to look up any references to athletes or athletics in the Bible.
- Do a study on the word perseverance. Look up this word in the dictionary and in the original Greek and Hebrew. Using a concordance, find all the references that use this word or a form of it.