

# CareView Community Church



## VBS KIDS LESSON



Grades: 1-8

Subject: CrossFit

Date: July 14, 2021

Topic: Endurance

Week: 2

**Fitness is a gift from God.**

Endurance is that part of fitness that enables us to do something for a long time. This could mean when we're running around playing a game or when we are working hard at an assignment for school. How do we develop endurance?

One way is to have faith and depend on God to give us endurance. Isaiah 40:31(NLT) says "But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint."

Another way is to train our bodies with exercise to build up our endurance. There are so many reasons why exercise is important. Scientists are finding new ways that exercise helps our minds, bodies, and spirits almost every day. This is what we mean by fitness is a gift. God has made ways for us to have better lives that we can control.

**Go Deeper - Commit to a daily 1 hour of playtime or a sport for the next 4 weeks. Each day, make a note of your physical, mental, and emotional health in a journal. At the end of 4 weeks see how you feel physically, mentally, and emotionally.**



## ENDURANCE



Here are some of the ways that exercising to develop your endurance can help you:

Hebrews 12:1

- Exercise is good for your heart. Exercise makes your heart stronger so it is able to pump blood around your body easier. The more you exercise, the stronger your heart becomes.
- Exercise makes you more energized. When we exercise we are teaching our bodies how to use the energy from the food we eat properly. Kids that don't exercise have less energy than kids who do even if they eat the same amount of food.
- Exercise puts you in a good mood. When we exercise, our bodies produce chemicals called endorphins which make us feel relaxed and happy.
- Exercise makes you smarter. Exercise carries more oxygenated blood to our brains to help us think faster and clearer. Exercise also makes other chemicals that make our brain cells and nerves more connected to each other so we are able to react faster.
- Exercise keeps you strong and healthy. Kids who exercise get sick a lot less than kids who don't. Again, God created our bodies to respond to exercise by making our immune system stronger so we can fight off diseases better.

tells us that we have a crowd of people cheering us on from heaven. They want us to succeed in this life by building up our endurance so we can live a life that rewards us.

In 1 Corinthians 9:24

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Paul tells us that he is exercising for a reason. Now that you've learned some good reasons to exercise, what's your reason?