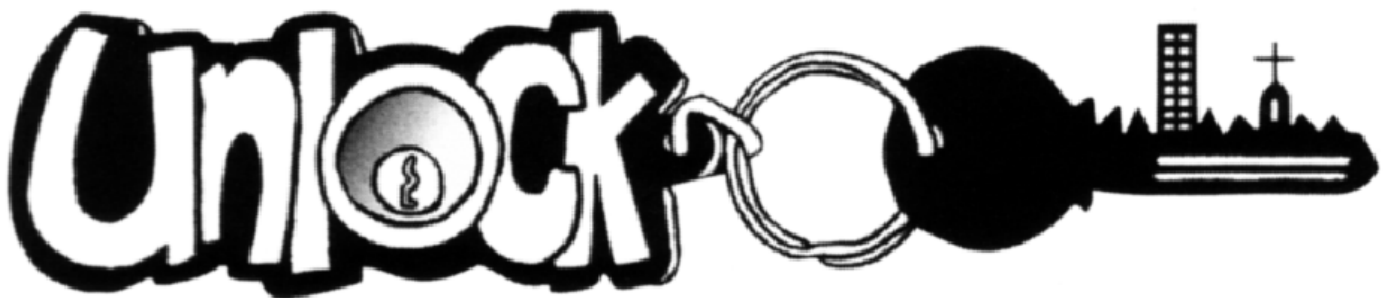


Running the Race



London Walk Workshop 2016

Developed by Jacqueline Atkinson and Bethany Gray and adapted for local use by Dawn Lonsdale



This workshop was designed for Unlock supporters attending the annual Unlock London walk which took a route through the former Olympic Park in Stratford, London. We developed the theme of athletics and connected that to the walk which passed a number of 2012 Olympic venues.

In your own context you might want to start by taking a short walk around your neighbourhood together.

As People watched the slide show and joined in the activities we had a music soundtrack running in the background.

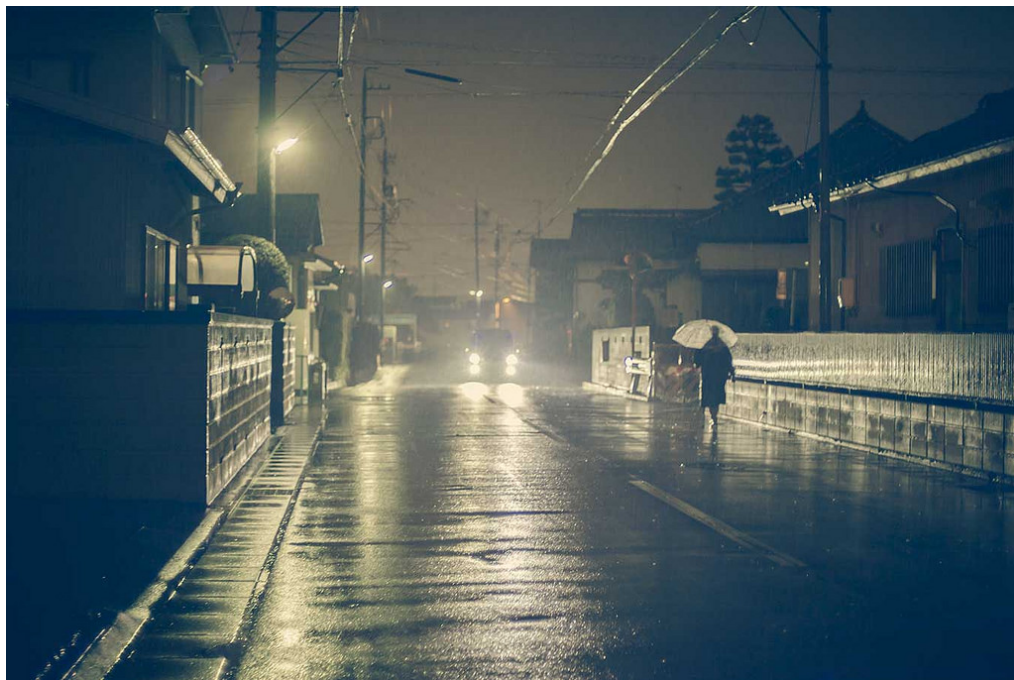
It included the following songs:-

- Proclaimers, Walk 500 miles
- Dire Straits, Walk of life
- Walk in the light of the Lord (The Spirit Lives to set us free)
- Runrig, Stepping Down the Glory Road
- One more step along the world I go
- Katrina and The Waves, Walking on Sunshine

Depending on your group you might want to choose songs on a running or racing theme. We suggest you mix familiar and less well known, Christian and secular music.



Reflect on your walk today . . .



It's not just about the beginning or the end . . .

A copy of this slideshow is available to download here:
www.unlock-urban.org.uk/resources_projects.php#london_walk_workshops

But it's that bit in the middle too....



which is made up of how we experience the world around us.....

And how we
make contact
with the people
around us.....



It's about noticing things
in that moment.....



Wherever you are.....

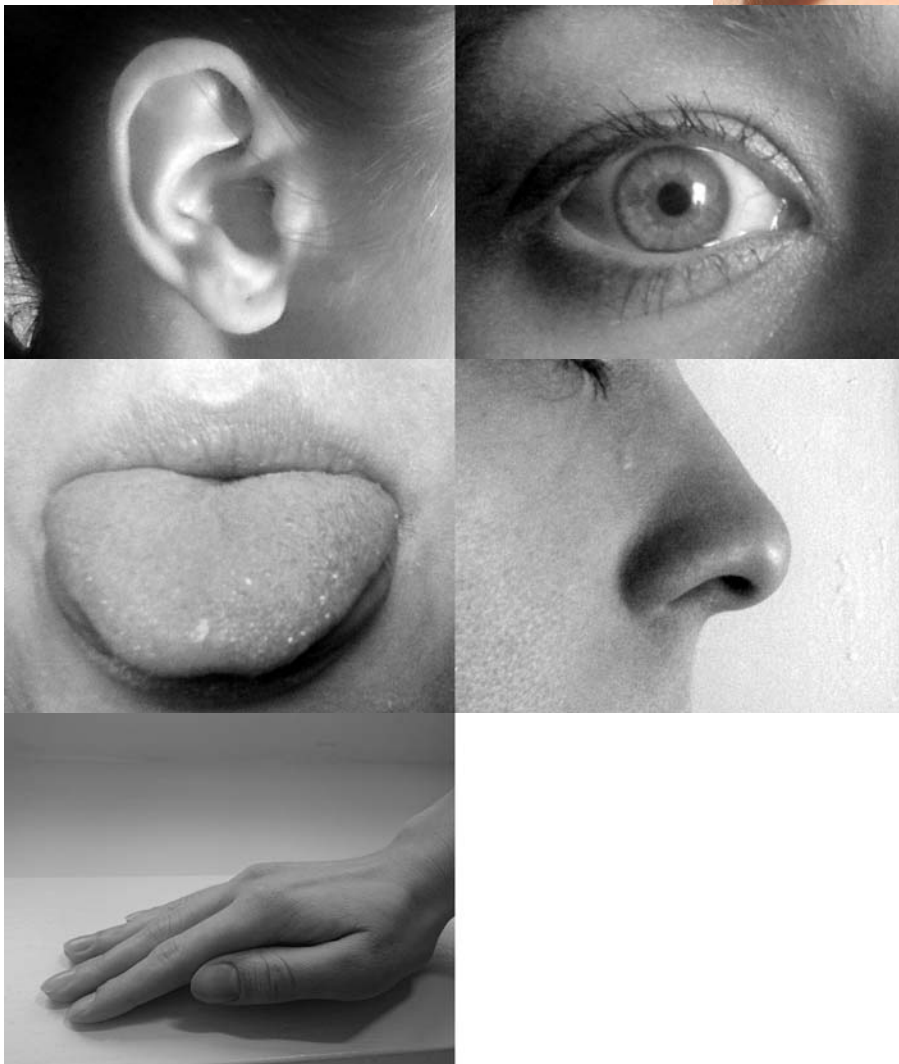
What have you noticed that has changed or is different about you or your companions on your walk?



Have you shared more about yourself or your experiences?



Have you
listened
more?



Are you
using
more of
your
senses?



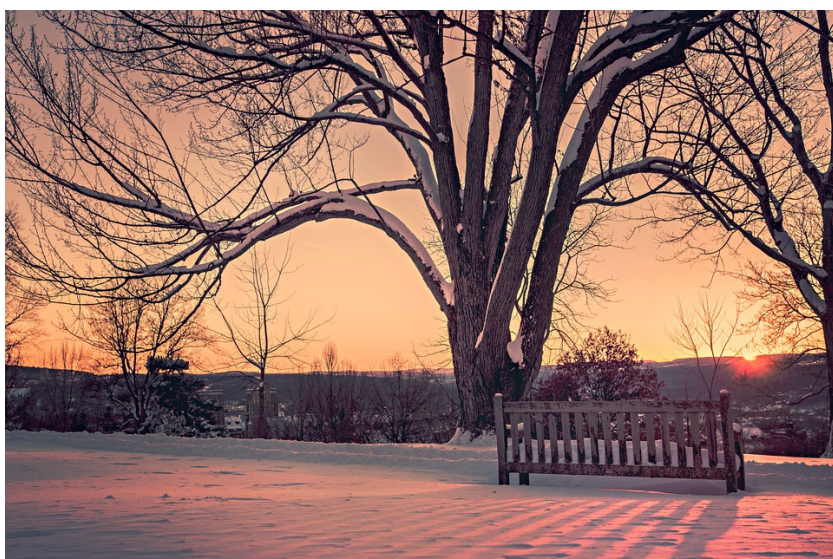
What are the sights, sounds and fragrances around you?



fragrances around you?



What effect do they have on you?



Sharing experiences can give
inspiration and strength to keep
going



WALK IN THE LIGHT
OF THE LORD!

1 Timothy 4:8-9



“Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.” This is a trustworthy saying, and everyone should accept it.”

Challenge:

What new things could you try to help you keep close to God?

Prayer:

In our leisure time together,
May your footsteps guide us.

Hebrews 12:1-2



“Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.”

Challenge:

How can we help ourselves to fix our eyes on Jesus?

Prayer:

In the journeying of our faith, may our footsteps guide us.

Hebrews 11:1



“Faith shows the reality of what we hope for; it is the evidence of things we cannot see.”

Challenge:

What are the things that help us carry on following Jesus, when things get tough?

Prayer:

In difficult situations and conflict, may your footsteps guide us.

Isaiah 40:29-31



“He gives power to the weak and strength to the powerless. Even youths will become weak and tired and young men will fall in exhaustion. 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.”

Challenge:

When have you experienced these sorts of gifts from God?

Prayer:

As we stumble on the way, may your footsteps guide us.

2 Timothy 2:5



“If anyone competes as an athlete, he does not receive the victors crown unless he competes according to the rules”

Challenge:

What are the most important things that keep you on track as you follow Jesus?

Prayer:

In all our journeying,
may your footsteps guide us.

Philippians 3:12-14



“Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that which Christ Jesus took hold of me, Brothers and Sisters, I do not consider myself yet to have taken hold of it. But one thing I do, forgetting what is behind and straining toward what is ahead. I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”

Challenge:

Looking back, what fills you with thanksgiving?
Looking ahead, what fills you with hope?

Prayer:

As we place our trust in you,
May your footsteps guide us.

A Selection of songs, both Christian and secular were playing throughout (see page 2).

People were first invited to follow a slide show presentation of the materials on pages 3-10

(available here -

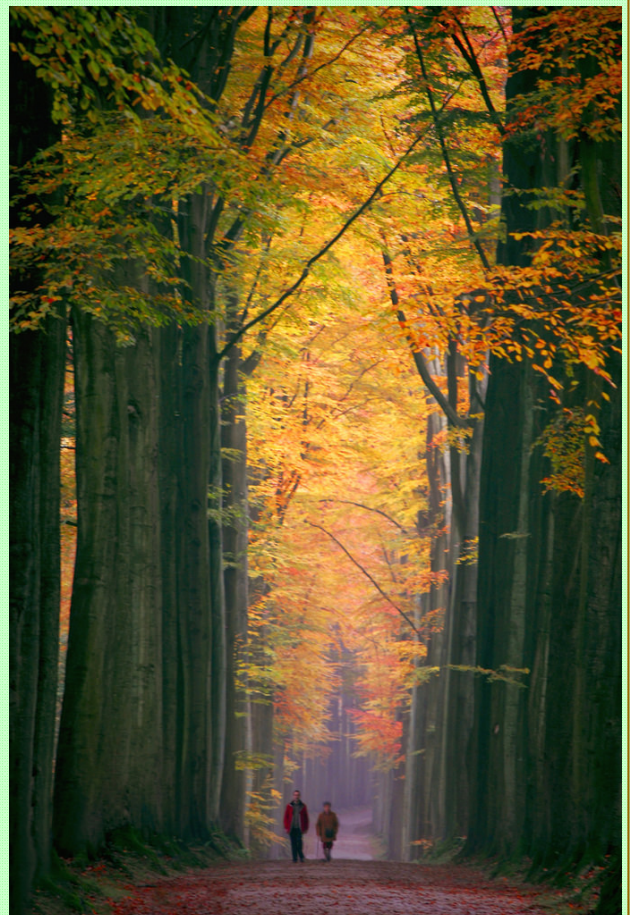
[www.unlock-urban.org.uk/](http://www.unlock-urban.org.uk/resources_projects.php#london_walk_workshops)

[resources_projects.php#london_walk_workshops](http://www.unlock-urban.org.uk/resources_projects.php#london_walk_workshops))

From there they moved to tables set up as shown in the photographs on pages 18 & 19. These included the posters on pages 11-16.

People were invited to:-

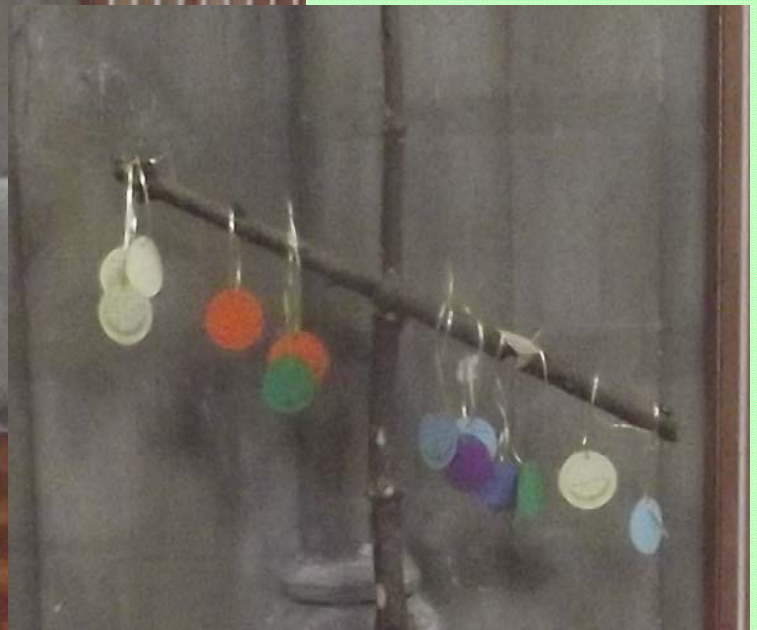
- Add any comment or prayer they wanted to the posters using post-it notes
- help themselves to some sweets to sustain them on their onward journey
- take a medal, write or draw something on it that they had achieved recently, or felt they would like to achieve.
- Follow the footprints to the cross (see page 20) where they could hang up their medal, or take it with them if they preferred.







Cross
with
footprints
and
medals



Photos
taken at
Unlock
London
Walk
April 23rd
2016

Running the Race - Unlock Walk Workshop 2016			
Activity	Set up	Instructions	Outcomes
Go for a walk in your neighbourhood together	Plan route using local knowledge and according to people's abilities	Meet together and walk together, just a short walk, have a couple of 'guides'. Every so often stop and look around. What do you see, feel, smell?	Seeing familiar places in a new way, using their senses, talking and listening to each other
Listen to the music and watch the slideshow	Slide show (or flipbook of slides). Music list playing in the background. See Page 2 for ideas.	Find a comfortable spot, listen to the music, look at the pictures, think about the things you saw or heard.	Reflection on their experiences
Review Bible text posters	Bible text posters displayed	Look at the posters. What are the bible texts saying? How do they connect with your life experiences?	Connecting their experience with the scriptures
Add a prayer or comment to the posters	Post-it notes and pens	Sometimes it helps to write things down or draw something. Write or draw on the post it and stick it to one of the posters. You can do as many as you like.	Thinking and responding
Eat some sweets	Dishes of sweets	It's good to have a treat! It reminds us of the 'sweet' things in our lives.	Just for fun!
Decorate a medal and . . .	Cardboard medals with ribbons attached. Pens.	Write or draw on anything you feel you have achieved recently or anything you would like to achieve.	Thinking and responding
. . . put it on the cross	Standing cross. Paper footprints leading to it. Tea lights and decorative stones.	Look at the footsteps. Where is God leading you?	A way of thinking about what they will do next



Planning and Content Details

Unlock Session Planning Frame 1 - Ideas

Course / Event name: **Unlock London Walk 2016**

Facilitator(s): **Jacqueline & Bethany**

Session Number: **N/A** Session Theme: **Running the Race**

Aims: Participants will have the opportunity to

Reflect on their experience of the Unlock walk in the context of remembering the Olympics

Consider relevant Biblical texts and how they might inspire their own faith journey

Create something to leave behind to show that they were here and what they have been thinking about, and/or something to take away to remind them of what they have learned.

Outcomes: Participants will be more able to

Connect their own lives to the achievements of Olympic athletes and their own neighbourhood.

Make connections with the scriptures

Be inspired for their faith journey

Session Content

Icebreaker

Will an ice breaker help your group get talking? Is there an icebreaker activity that relates to your theme?

Leaders - Take people on a short neighbourhood walk in your own area. Encourage them to use their senses to notice things that they would usually overlook and to talk and listen with each other.

Unlocking Life Experience

What prompts are you going to use to draw out stories from your group.

Think of as many as you can although when working with a group you may only need one...

Music, Film/TV clip, Other sound, Question, Object, Picture/Cartoon, Smell, etc...

Create an attractive display or slide show of things to think about following their walk together (use material on pages 3 to 10). Encourage people to look at this and discuss amongst themselves.

Revealing the down to earth Christ

What Bible passage(s) will you have prepared?

1 Timothy 4:8-9, Hebrews 12:1-2, Hebrews 11:1, Isaiah 40:29-31, 2 Timothy 2:5, Philipians 3:12-14, (see pages 11-16)

Remember Unlock's teaching method is learner centred - listen to the stories that people tell and be ready to use a Bible passage or account of God's work that relates to what they say.

Planning and Content Details



Is there a creative way you can re-tell any of the Bible stories?
(visual, dramatic, video clip, modernised etc.)

Print each Bible text out separately as a nice large poster including illustrations.

Releasing Life Changing Skills

Connect

What questions will encourage the group to connect their story & God's story?

See activities below.

Reflect

Is there an activity that will help the group reflect on what they have learnt or help them plan to put that learning into action?

- Adding prayers or pictures to Bible posters
- Making medals
- Hanging them in the Cross

Another optional activity is to get a plant pot, some soil and some seeds, (sunflower, broad bean, Apple pips, Plum stone etc.). Write on marker or a lollipop stick the word or feeling that was with you on the walk and as you tend and nurture your seedling, nurture the experience you had and watch it grow.

Continuing Reflective Cycles...

Is there anything that you want to do or ask at the beginning of the next session to follow up this session?

N/A

Review

Will you seek feedback from participants? If so how?

N/A

Is there anything in this session to pay attention to in your own evaluation?

Resources needed:-

- Easy local walk route and competent walk leader
- Slide show or other way to display material
- Music playlist and amplification
- Display of Bible texts with illustrations
- Dishes of sweets
- Coloured marker pens
- Post-its in various shapes/colours
- Medals with ribbon already attached
- Paper footprints to guide people
- Optional - things to make it all look nice:- tea-lights, table coverings, decorative stones, flowers etc.
- A free standing cross—it doesn't matter how rustic it is!



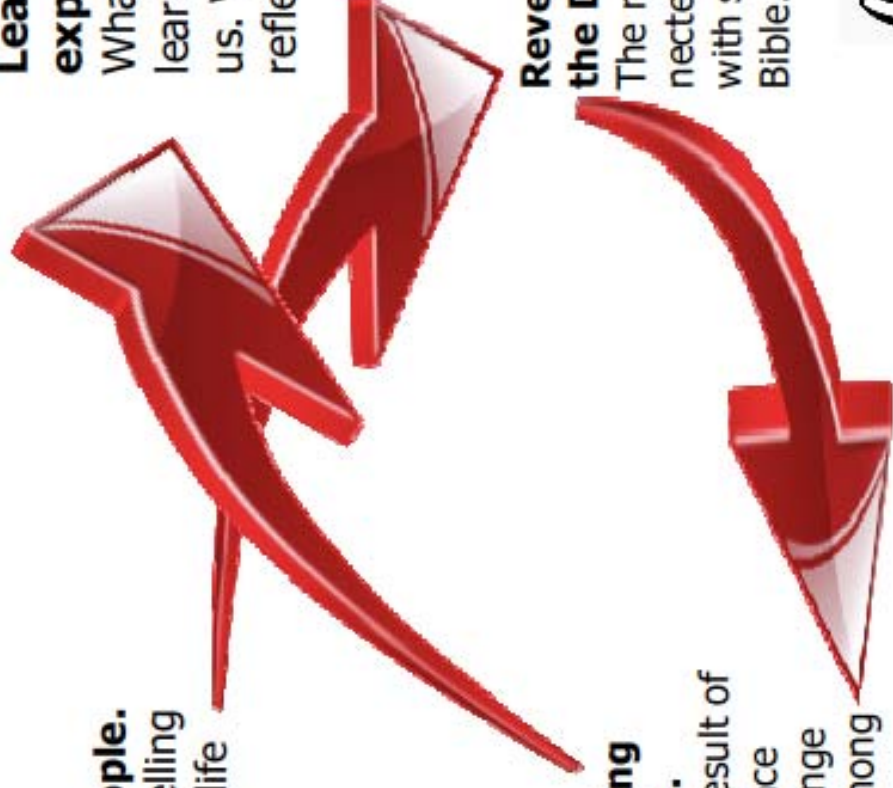
The Unlock Learning Cycle

Unlocking real life stories of urban people.
Start with the group telling stories from their real life experience.

Leading to more experience.
What we learn now is learnt for life and changes us. We also learn to keep reflecting!.

Releasing life changing skills and confidence.
Change happens as a result of linking real life experience with the Bible. This change often leads to action among others.

Revealing Good News of the Down to Earth Christ.
The real life stories are connected to and compared with similar situations in the Bible.



Unlock, by various names, has been around since 1972, trying to help (mainly) urban Christians to understand and share their faith appropriately. Our life experience matters; our stories; our joys and sorrows. The Bible has plenty to say, more than we'll ever know, about our lives, if we know how to read it and apply it - if we know how to **UNLOCK** it!

The work outlined in this pack applies the learning cycle on page 24, **starting by using a 'prompt'** to draw out group member's stories. In this case the suggested prompt is the presentation relating to sporting achievement.

Usually in Unlock workshops we encourage participants to come up with their own Bible links but in the context of the walk workshop, when time is very limited, we find that it is helpful to provide some.

Finally there are suggestions for a range of **reflective activities** (page 17), giving people a choice of opportunities to reflect on the session and any action they might want to take as a result. The reflective activity creates space in which discussion and reflection can continue in an unforced way.

How well the group know and trust one another will affect the type of story that they share, often the newer the group, the more light hearted the stories are likely to be.



Unlock uses an approach to engaging with the Bible that is different to traditional Bible studies (see page 24). Unlock's approach usually starts from the stories and experiences of group members, or from their community, whereas a more traditional approach starts from the Biblical text. Unlock's approach has been found to work well with small groups of urban, oral learners from outside of the church. There are many free resources on the Unlock website designed for use with such groups. However, because each of these resources was designed for a particular group in a particular time and place they are unlikely be a perfect fit for your group as they stand. They are offered more as inspiration to you to design your own materials along the same lines, rather than as ready to use packages.

Unlock usually works with people outside of church who may be interested in finding out a bit more about faith but perhaps are not attracted to the formal methods of learning often associated with church. Our work is based on a reflective learning cycle and is a tried and tested way of introducing people to the Bible in a non-threatening way. Many churches have activities that draw in members of their surrounding community but then struggle with how to move on from those relationships into exploring faith, especially in urban environments where anything formal might be treated with suspicion.

This resource has been developed by a team of Unlock workers specifically for those who attended the 2016 Unlock London Walk.

Bible Text in these materials is taken from the Good News Bible (British Usage Edition), published by the Bible Societies and Collins, American Bible Society 1966, 1971, 1976; used by permission.

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Lower two pictures property of Unlock

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Image 1 - property of Unlock - Unlock walkers 2016

Image 2 - source uncertain

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