

# Messy

## Family Fun Run

**Come along, join in, have fun!**



**Where**

**When**

**To register**

**Organiser contact details**

### Optional volunteers (or ways to manage without them)

- **Refreshment host.** Completing the course will be thirsty work! Provide a place for refreshments and make it self-service if necessary. If possible though, place leaders and key members of your church here to welcome people and connect them to the life of your church.
- **Warm-up host.** If you're offering a warm-up before some groups begin, a volunteer can bring the fun and energy with stretches. Alternatively, play a follow-along video on a loop, or a step-by-step picture guide with music.
- **Station guides.** Station guides give instructions to the participants on how to complete a messy challenge. Alternatively, place an instruction sign (templates on page 9-14) at the entrance to each Messy station for groups to follow.
- **Messy fun supporters.** Armed with smiles, cheers, and maybe the odd water pistol or two, these volunteers will be great at engaging with children and families, cheering people on and injecting extra fun along the run.

### Participation and follow up

How will you connect with people during and after the event?

**Selfie station:** Close to the welcome desk (which doubles as the finish point – if practical), have a selfie station: this can be a frame or a backdrop with the name of your event on, or full of paint and colourful mess. Invite the teams to take a picture before they start the run and another after they've completed it to show just how messy they got! You can ask participants to post selfies on social media to share their achievement and what they have enjoyed.

Consider having a sign-up sheet for people who wish to find out more about what you do as a church. Or advertise your regular groups and services around the welcome desk. If you're on social media you could encourage people to follow you and tag you in their posts about the event, which you could share, giving an opportunity for them to see more about what you do.

## The Stations

Teams run (or walk) the course and stop at the Messy stations. Groups should complete each activity as quickly as possible, completing all stations to finish. Groups are awarded a certificate which has further activities linked to our theme of God being with us in our mess.

*Our overall theme is that God is with us in our mess; each station is inspired by a Bible verse that relates to the theme. This is not explicit, but volunteers may wish to gently share this during conversations they have with participants.*

### Station One

Inspired by Psalm 34:18 **'The Lord is close to the broken-hearted and saves the crushed in spirit.'**

Even when we're feeling crushed in spirit, low, sad, and alone, God is close to us.

**Activity: Tight squeeze**

For this activity, the teams must crawl underneath a sheet or covering which is pegged into the ground (preferably grass or mud) to get to the other side.

- £ Rope or tape over pegs or stools.
- ££ Tarpaulin or netting held in place by low laying poles.

**Activity guidance: Tight squeeze** [see template](#)

God is with us in our mess and is close to us when we are sad. Let's get down low and close to God's creation (aka the ground!) and squeeze through the gap to get to the other side.

Can you get all your team through?  
How quickly can you all get through?



### Station Two

Inspired by Hebrews 13:5 **'I will never leave you or forsake you.'** God loves us so much, we are never alone in our troubles.

**Activity: Bubble wall**

For this activity, team members link arms or hands and go through the wall of bubbles to show they are not alone in the messy times of their lives.



- £ Place between 2-4 bubble machines opposite each other to create a section with higher density bubbles to walk through, or have volunteers with bubble guns stand opposite each other to produce bubbles for the teams to walk or dance through.
- ££ Use party bubble machines that produce more bubbles for longer.
- £££ Hire a foam machine to create an actual wall of bubbles.

**Activity guidance: Bubble wall** [see template](#)

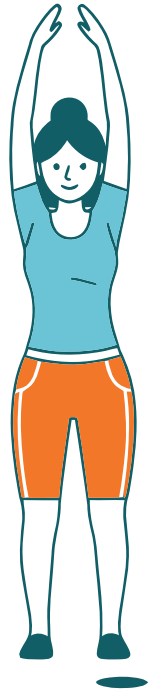
We are never alone in whatever we're facing.

Everyone hold hands and travel through the wall of bubbles together!



# Messy

## Family Fun Run



### Certificate of completion



Name \_\_\_\_\_

We completed the Messy Family Fun Run at

\_\_\_\_\_



Name \_\_\_\_\_ 

# Roots Activity sheet

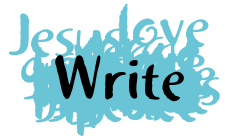
Messy Family Fun Run



Unjumble the words to discover an important message.

oGd   si   tiwh   su   ni   uro   sems

\_\_\_\_\_



Think of a team prayer. What mess do you want to invite God into? Write it down as a team and say the prayer together.



Create a picture of your team completing your favourite activity from the run.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

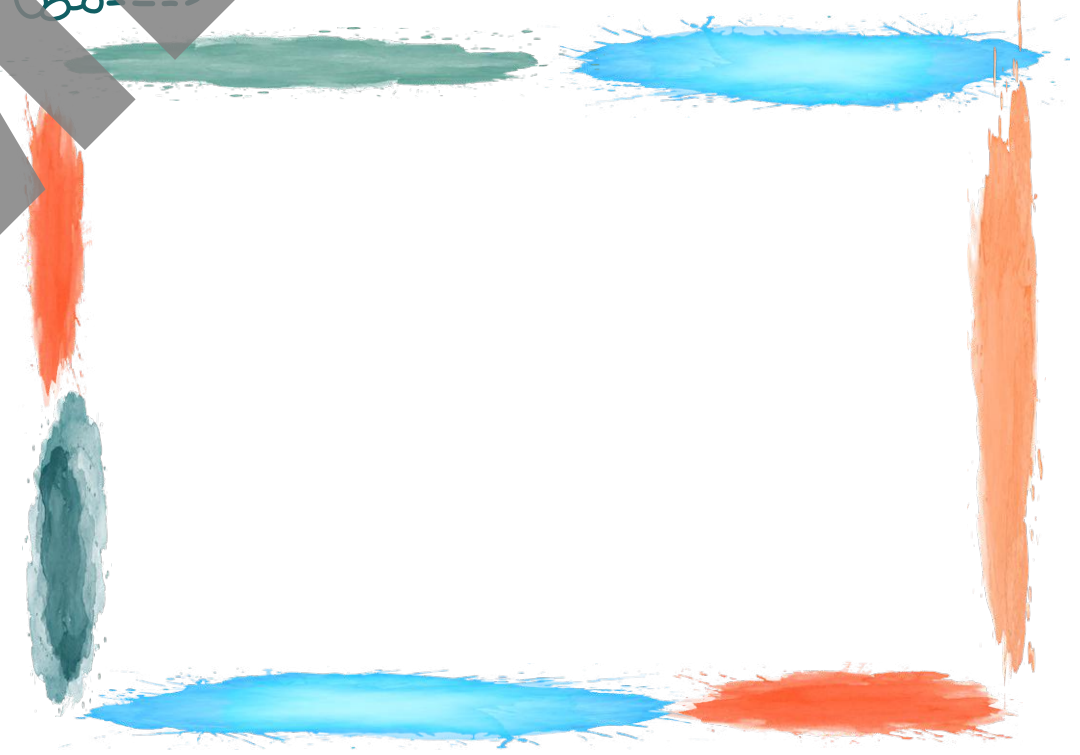
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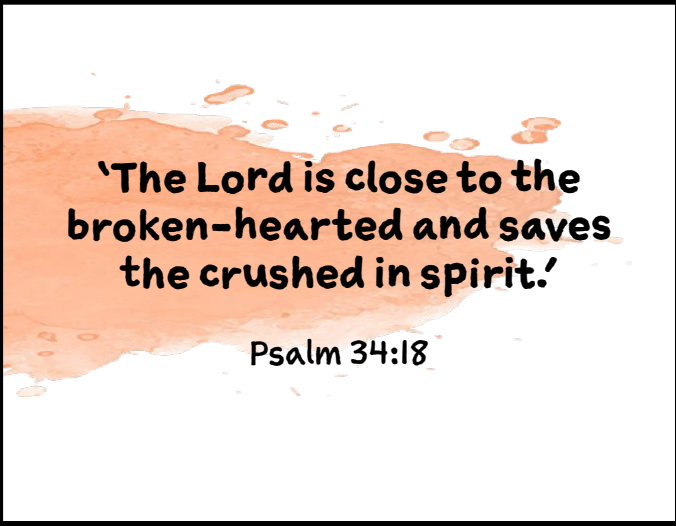
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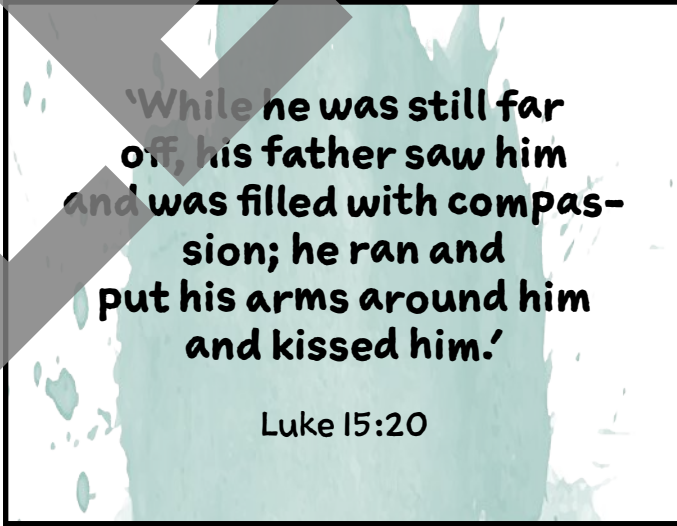
**'The Lord is close to the broken-hearted and saves the crushed in spirit.'**

Psalm 34:18



**'I will never leave you or forsake you.'**

Hebrews 13:5



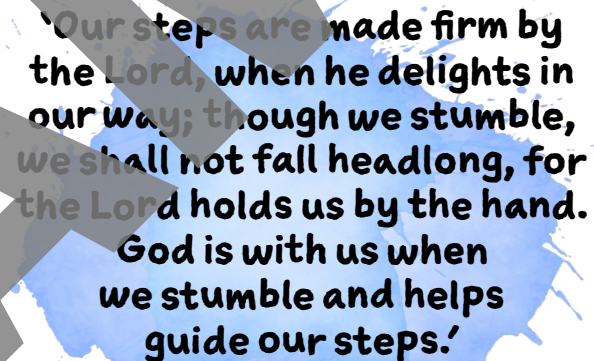
**'While he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him.'**

Luke 15:20



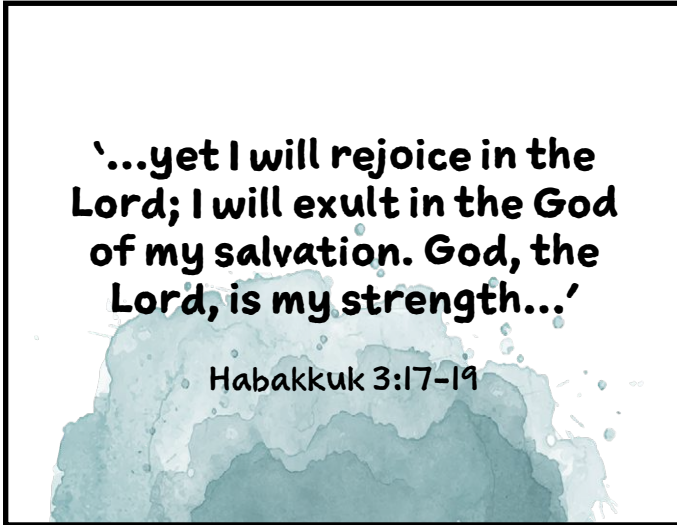
**'Jesus wept.'**

John 11:35



**'Our steps are made firm by the Lord, when he delights in our way; though we stumble, we shall not fall headlong, for the Lord holds us by the hand. God is with us when we stumble and helps guide our steps.'**

Psalm 37:23-24



**'...yet I will rejoice in the Lord; I will exult in the God of my salvation. God, the Lord, is my strength...'**

Habakkuk 3:17-19

# Messy obstacle course

**'Our steps are made firm by the Lord, when he delights in our way; though we stumble, we shall not fall headlong, for the Lord holds us by the hand. God is with us when we stumble and helps guide our steps.'**

Psalm 37:23-24

God is with us in our mess – in our lives we can stumble but we don't fall because God is with us, holding our hands and guiding our feet.

Work as a team to get everyone through the messy obstacle course without falling over.

Hold hands if you must, shout advice, but make sure everyone gets across to the other side.