

Second Sunday after Trinity (Year C) Sunday 26 June 2022

## FAMILY RESOURCES

# OBSTACLE COURSE

**THE GOSPEL READING FOR THIS WEEK IS: True discipleship (Luke 9: 51-62)**

*Core extract from the Gospel (Luke 9: 57-58; for reflection throughout the week)*

As they were going along the road, someone said to him,  
'I will follow you wherever you go.'  
And Jesus said to him,  
'Foxes have holes, and birds of the air have nests;  
but the Son of Man has nowhere to lay his head.'

*Gospel prayer (for use throughout the week)*

Lord Jesus Christ,  
you call your people  
to follow you wherever you lead.  
Give us grace to follow you,  
that we may overcome the obstacles in our way;  
for you are our God.  
Amen.





*Things to think about*

- What obstacles have you come across in life that have made it difficult to reach your goals?
- How did you overcome these difficulties?
- How can you help others deal with any obstacles they may face?

*Things to do*

- Make an obstacle course in your garden. Time yourself and try to improve on each turn.
- Chalk an obstacle course with instructions such as walk, run, hop, jump, spin etc.
- Mini obstacle course.

You will need: large shallow box, straws, pipe cleaners, cardboard, paper, glue, scissors,



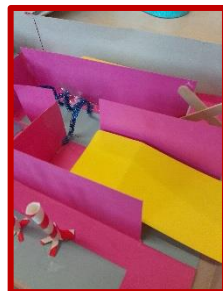
Line the shallow box with coloured paper or card.



Cut strips of card and use these to create the walls for your maze. Stick them in the box making doors and corners.



Use cardboard and paper to create obstacles for your maze such as steps, tunnels, ramps, bumps, bridges etc. Be as creative as you can!



Use a marble small ball or toy car to see how fast and agile you can be on the course.

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Why not challenge your friends and family to race you or make their own courses?

Why not share your creations with us? We would love to see what you have been up to! Please email any photos to [education@liverpoolcathedral.org.uk](mailto:education@liverpoolcathedral.org.uk) or tag @LivCathedral on social media.