

# KATALYST

A KATALYST FOR CHANGE AMONGST THE YOUTH OF THE NEAR EAST

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# Learning Games

## Ultimate Frisbee

1 Corinthians 1:10-12 (1

Thessalonians 5:11, Ecclesiastes 4:9,

1 John 4:18)

Building teamwork. God wants us to all work together to accomplish His purposes. Sometimes fear causes us to isolate ourselves and divides us from a common goal. When that happens, it causes us to “freeze” which stops us from growing. We need to rely on each other and ask for help. Sometimes God sends people our way to “defrost” us and



to help us grow for His glory and His Ultimate plan.

## **You will need:**

- 1 Frisbee

## **How to play [or Instructions]**

- Suggested Age Group: Teens (12-18 year olds)
- Split the players into 2 teams and assign a goal line or area for each team.
- Similar to basketball, this game's objective is for the teams to use offense and defense as a means to score a goal.



- When a player has the Frisbee in their hand, they aren't allowed to move until they pass it on to their teammate.
- The players must pass and move the Frisbee till it reaches the player standing in the goal zone.
- When someone drops the Frisbee, it automatically goes to the other team's possession.
- After scoring a point the team that did not score can start with the next round of the game.
- Each goal is 1 point. The team scoring the highest number of points within 15 minutes (or any desired time), wins.

## Questions to ask about the game



- What did you feel when you were “frozen” and looking for a teammate?
- How did you feel when you had no one to pass the Frisbee to?
- How did you feel when your team scored a point? Or when your team did not score a point?

**Doesn't it feel good to have someone to rely on and to work together, having united thoughts to accomplish a common goal? In the Bible...**

**Read 1 Corinthians 1:10**

**Questions to help apply learning**

- Would you want to help a friend in need?



- Do you think teamwork is important? How can you apply it in your community?
- Why can't we be productive when our thoughts are not united and when we are in disagreement?

## **Variation**

- Now that the students have played the game, you can set a rule where students have to encourage one another when a player catches the Frisbee or scores a point.

