



Get Messy! session material

Hero of Faith – Eric Liddell

Bible story

Bible reference	<p>Shine like Stars. Philippians 2:15 that you may become blameless and pure, children of God without fault in a warped and crooked generation. Then you will shine among them like stars in the sky as you hold firmly to the word of God or Hebrews 12:1-13 And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy that was set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. (This Scripture is used in the Messy Church Olympic session)</p>
Preferred translation	NIV
Pointers	<p>How does this reading share something of Eric Liddell’s faith and values? We let what Christ has done for us shine through everything in our lives. We let the righteousness of God be evident in our lives as we live lives that are pure and blameless before God. Second, we shine like stars in the universe when we take on the mind and attitude of Jesus. How did Eric’s life Shine with the love of God? How might we Shine in what we think and do?</p>
How does this session help people grow in Christ?	<p>This session will reflect on the life and faith, mission engagement and sporting achievements of a great man of faith – Eric Liddell It will encourage people to reflect on how his faith impacted his life and the lives of others</p>

Story of Eric Liddells life

	<p>Watch the video or do a dramatised telling of his story https://ericliddell.org/wp-content/uploads/2023/07/EL100-Promo-Video-small.mp4</p>
--	---

Key points	<ul style="list-style-type: none"> • Born in North of China to Scottish missionary parents 1902 • Aged 5 he moved back to UK and went to boarding school • Aged 18 Eric went to Edinburgh University and got involved in running • 1922 – he plays Rugby for Scotland • 1923 – sets the British 100 yard record • 1924 – wins Gold at the Olympics – BUT refuses to run on a Sunday so has to run the 400m instead of the 200m and he wins • 1925 – retires from sport and moves to China to serve God as a missionary • 1923 – ordained as a minister • 1934 – marries Florence and has 3 children • 1941 – the family are separated because of the war • 1943- Eric captured and put in a prisoner of war camp. he helped with sport, and shared his faith in the camp • 1943 – Eric dies of a brain tumour in the camp
-------------------	---

Activities

1. Eric Liddell's life and witness

You will need– see list of video clips on Eric Liddell; A summary of the life and legacy of Eric Liddell – Liddell 100 <https://ericliddell.org/wp-content/uploads/2023/07/EL100-Promo-Video-small.mp4> (2 mins 15)

Description: watch the video of his life or watch some clips from Chariots of Fire

Talk about: What interested you about Eric Liddell?

2. Eric Liddell's Timeline

You will need: The timeline cut into strips (see Boys Brigade sheet in Faith Resources)

Description: get each table to put the strips of key events into order

Talk about: Eric's sense of calling and commitment to God

3. Double Star Jumps

You will need: a timer

Description: Jump and count start jumps for 1 minute; then do it for 4 minutes

Talk about: How many did you do in each of those times? How much harder was it to keep going for 4 minutes? How would it have been for Eric to have trained for the 100 metre race but the to run and win the 400 metres

4. Run the Race in Chinese Mandarin

You will need:

Paper and good italic pens

跑比赛

Description: copy or trace the large image of

Run the Race in English is pronounced Pǎo bǐsài in Mandarin

Talk about:

How Eric Liddell 'ran the race' of his life in Britain and in China

8. Sporting Heroes

You will need: pictures of different sports people

Description: Name different sporting heroes – what makes them a hero?

Talk about: How was Eric a Hero?

9. Take my hands and feet

You will need:

paper and pens and scissors

Description:

Take my hands, and let them move

at the impulse of thy love;

take my feet, and let them be

swift and beautiful for thee.

Read the verse from the hymn Take My Life. Invite people to draw round their hand and their feet. Cut these out. write on them how God might take your hands and use them – what you might DO for God? and on the feet – where you might GO for God. This could be your street, school, or further away...

Read the prayer together again holding the cut out hands and feet

Talk about:

How Eric Liddell offered his life to God. How he used his feet to run and win races. his hands and feet to play Rugby; How he travelled to China to share about Jesus there and how in the internment camp he used his hands and feet to help others

Celebration

Explore the life of Eric Liddell and how he **Shines from the Inside out**.

Use the song Shine – Spring Harvest megamix

<https://www.youtube.com/watch?v=WGarMi70QsS>

Shine! From the inside out, That the world will see You live in me. (x2) You know me and You love me, You fill me, so send me to Know me, love me, fill me, send me; Know me, love me, fill me, send me; Know me, love me, fill me, send me ...To Shine

1. Sing the song with Actions at start and finish and then in between each section exploring the life of Eric Liddell
2. Move round the space to share the story of Eric's life and how he 'shone' in different areas
3. After each section discuss how we might also Shine and sing the Shine song

- a) **Sport** – Eric used his gift for sport played Rugby for Scotland and was also very good at running. The race he trained for was the 200 metres but he was not able to compete in that at the Olympics and ran and won the 400m

Quote – *‘I believe God made me for a purpose, but He also made me fast. And when I run, I feel His pleasure.’*

Question – what gifts do you use for God ? What brings God pleasure?

- b) **Faith** – Eric’s faith in God was really important to him and came first. He refused to run on a Sunday – the Sabbath that he felt should be kept holy

Quote – *‘Many of us are missing something in life because we are after the second best, I put before you what I have found to be the best - one who is worthy of all our devotion - Jesus Christ. He is the Saviour for the young and the old. Lord, here I am.’*

Question – How might you put Jesus first?

- c) **Sharing Faith** – Eric shared about his faith in Jesus wherever he was – on the sports track, in China and in Scotland. People came from far and wide to hear him speak

Quote – *‘We are all missionaries. Wherever we go we either bring people nearer to Christ or we repel them from Christ’*

Question – How do we share about Jesus and bring others to him?

- d) **Suffering for Faith** – Eric was separated from his family and in a prison camp during the war and eventually died of a brain tumour. his faith in God helped him in these hard time and he was able to help and encourage others

Quote – *‘Victory over all the circumstances of life comes not by might, nor by power, but by a practical confidence in God and by allowing His Spirit to dwell in our hearts and control our actions and emotions. Learn in the days of ease and comfort, to think in terms of the prayer that follows, so that when the days of hardship come you will be fully prepared and equipped to meet them.’*

Question – How can your faith in God help you when things are tough?

Conclusion

As we have explored Eric’s life and faith, we have seen how he ‘shone from the inside out, so the world may see He lives in me.’

Prayer:

Prayer stations

Sport – Write down some of your gifts and things that you are good at on a Rugby or Football. Thank God for the gifts he has given you and pray that he will help you use them well

Mission – China – write prayers for churches in different countries to grow on a map of China

Living your Faith – On a Star outline – write or draw what you might do to SHINE and live your faith and share God’s love

Suffering in time of war – on a newspaper, write short prayers for those suffering from war, or pray for countries where there is war

Song suggestions:

- Shine from the inside out Spring Harvest megamix
<https://www.youtube.com/watch?v=WGarMi70QSS>
- With all I am – Hillsong <https://music.youtube.com/podcast/LjVWFegy8MA>
- Run the race – Harbour <https://music.youtube.com/watch?v=WY-KmapUyts>
- Run the race – Holly Starr <https://www.youtube.com/watch?v=8aN5Od2ia4U>

- Running the race – Freedom Church https://music.youtube.com/watch?v=fA-RkjNwYRs&list=OLAK5uy_mlefyfQrary81OjGgumMcTr2uSfPv9PQE

Meal suggestion:

A Chinese focussed meal

eg wraps with shredded chicken and hoisin sauce

Noodles and sweet and sour sauce

Prawn crackers

Green tea