



Introduction to the CrossFit series of the HTU and ASA Men's Evening

In 2017 the Men's Evening will be held four times at the home of Peter & Petra Gillies.

What is CrossFit? It is a play on the CrossFit fitness craze: a high-intensity fitness programme incorporating elements from several sports and types of exercise. We will not be doing anything but mental and spiritual exercises, although you are invited to come to the sessions on your bicycle!

The "red thread" of our particular brand of CrossFit will be two-fold:

- 1) To have fellowship between Christian men of all ages.
- 2) To explore the core values of Up, In, & Out
- 3) To become "fit" for the world we live in and to fulfill the Lord's expectations

The four sessions will be as follows:

"Up" Evening – Up toward God; developing intimacy with Him – **1 April 2017** (Spring, no joke)

- Where: Scheg 1, Nijkerk - RSVP
- Time: 18:00 – BBQ; ending around 22:30
- Subject: The development and expression of "Up" in the Bible and how we can best do "Up" today

"In" Evening – In with other Believers; seeking community – **3 June 2017** (Summer)

- Where: Scheg 1, Nijkerk - RSVP
- Time: 18:00 – BBQ; ending around 22:30
- Subject: St. Paul's take on "In" in Ephesians, Philippians, and Colossians

"Out" Evening – Out with non-Believers; an engaging example to the world – **TBA** (Late Summer)

- Where: Scheg 1, Nijkerk - RSVP
- Time: 18:00 – BBQ; ending around 22:30
- Subject: What "Out" to early believers and what it should mean to us

"Around" Evening – Recognizing the coherence and unity between Up, In, & Out – **TBA** (Autumn)

- Where: Scheg 1, Nijkerk - RSVP
- Time: 18:00 – BBQ; ending around 22:30
- Subject: How we can create a total and balanced approach to Up, In, & Out

For each attendee €50 will be donated to Open Doors to monitor, inform about, and alleviate Christian suffering and persecution worldwide. This will be to a maximum of €1.000... I dare you.