

Children & Adolescents Ministries

2023

Olympics of



Seventh - Day Adventist
Church

INTER-AMERICAN DIVISION

WELCOME

Dear Children and Adolescents Ministries leader:

We are beginning a new year with new expectations, activities, and blessings; where your dedication, love, commitment, and efforts will serve as the primary motivation for enthusiastically giving your best to the children, adolescents, and parents of all the families within your sphere of influence.

We will be continuing the "Olympics" program this year with a different emphasis. The title for this year's program is "Olympics of Love."

This program will be focused on 10 activities about "LOVE" for spiritual, emotional, physical, and community growth. The objective is for the child and adolescent to understand the importance of love for the Bible, friends, church, the elderly, the body, nature, family, community, animals, and God.

The program requires that parents and children's ministry leaders participate in the seminar courses prepared by the General Conference this year.

The manual below is a working guide to follow throughout the entire year. It will help you visualize and execute on a greater and lesser scale all of the activities to come.

My sincere prayer is for you to first and foremost enjoy this program, and as a consequence become a channel of blessings for other children and adolescents to also enjoy this year.

Let us come together in prayer asking for God's help and direction, so that we may see the best and be positive in all we do. We pray that the Holy Spirit guides us and that many children and adolescents within our communities come to know Jesus as their One and only true God.



E. Edith Ruiz - Espinoza
Director
Children and Adolescents Ministries
Inter-American Division



Diagram

LOVE FOR THE BIBLE.....JANUARY

LOVE FOR YOUR FRIENDS..FEBRUARY

LOVE FOR YOUR CHURCH.....MARCH

LOVE FOR YOUR BODY.....APRIL

LOVE FOR YOUR COMMUNITY.....MAY

LOVE FOR YOUR ANIMALS.....JUNE

LOVE FOR THE ELDERLY.....JULY

LOVE FOR NATURE.....AUGUST

LOVE FOR YOUR FAMILY...SEPTEMBER

LOVE FOR GOD.....OCTOBER



General Guidelines



IMPACT AREAS

- 1- SPIRITUAL AND EMOTIONAL EDUCATION WITH LOVE AS THE FOUNDATION.
- 2- ENCOURAGE A LIFE OF DAILY LOVE IN ALL AREAS.
- 3- ACTS OF LOVE WITHIN ALL OF THE CHILDREN AND ADOLESCENTS' DAILY SURROUNDINGS.



GOALS

Again, each month represents 10 Feet; the goal is to accumulate 100 feet for the year, meaning that they must complete each monthly activity from January through October.



MEDALS

328 feet

262 feet

197 feet

33 - 164 feet



GOLD

SILVER

BRONZE

CERTIFICATE

Final Count



33 feet



33 feet

328 feet



33 feet



33 feet

262 feet



33 feet



33 feet

197 feet



33 feet



33 feet



33 feet

33 - 164 feet



33 feet

ANNUAL TIMELINE

2023



JANUARY



Love for the BIBLE

WEEKLY

- Learn two new verses, weekly (Apart from your Sabbath school verse), at the end of the month, you will have learned eight new Bible verses. Recite them with your family.
- Find four stories about love in your Bible. Read one story per week and draw a picture about each story, and stick it on your refrigerator.

WEEK 2

Recreate a drama with your family about one of your favorite Bible stories and present it on the last Friday of the month to your family or at church.



FEBRUARY



Love for your FRIENDS

WEEK 1

Choose one day of the week to prepare and take a delicious lunch to one of your friends at school with a card that says: "Thanks for your friendship."

WEEK 2

Place ten index cards on a binding ringed holder. Write the names of ten friends you have from school or church to pray for each day. At the end of each prayer, recite the Bible verse found in Proverbs 17:17.

WEEK 3

Every day this week, at the same time, meet with some of your friends to play games you haven't played before, like marbles, blocks, etc.



33 feet

MARCH



Love for your CHURCH

WEEK 1 & 2

Organize to clean-up an area of your church with your friends. You can paint chairs, trash cans, weed the yard, etc.

WEEK 3

Teachers, church leaders, and parents can plan a children's festival called "All for Love", where the children can demonstrate their love through singing, drama, poetry, etc. The focus would be on love.

EVERY SABBATH OF THE MONTH

Each child is to be a "Cleaning Inspector" (Find a badge for each child), looking out for members throwing trash on the floor, pews, etc. They are to correct the members with love. Encourage all church members to support this activity.

APRIL



Love for your BODY

WEEK 1

Each child will make a calendar with the number of days for this month and hang it in their room so that they can outline the following activities:

DURING THE ENTIRE MONTH

- MARK OFF with the color GREEN every day that you eat fruits and vegetables.
- MARK OFF with RED each day that you strengthened your heart by playing sports outside your house.
- MARK OFF WITH BLUE if you washed your hands 3 times that day.
- MARK OFF WITH YELLOW each day that you didn't watch TV and instead read a book.



MAY



Love for your COMMUNITY

WEEK 1

Make a plan with some of your friends to clean up the trash at a local park and throw the trash away. Also, ask one of your neighbors if they will let you clean up their trash and appropriately dispose of it.

WEEK 2

Make cards decorated with a bible verse on Friday before sunset and gift one to the neighbors closest to your home with a smile.

WEEK 3

"A Gift of Love" activity. Choose two of your toys, not the most dirty or one that doesn't work. Choose a nice one in good condition and wrap it as a gift to give to a needy child on the street. Pick a day of the week to make them happy. If possible all the children to wear red t-shirts that day.



33 Feet

10

JUNE

Love for ANIMALS



WEEK 1

During this week do not eat any food that comes from animals, or any type of meat. Invite your family to do the same. Eat some legumes, beans, chickpeas, or lentils instead.

WEEK 2

Feed a dog (Or another animal) from the street, with water or something to eat.



Love for ANIMALS

WEEK 3

Write a short and happy song about taking care of animals and sing it on the weekend for your family. Write this song and hang it up in your room.

WEEK 4

Talk to your family and friends about the importance of caring for animals, and about things we can change to contribute to improving their wellbeing.



JULY

Love for the ELDERLY



WEEK 1

Think of an elderly person (a) from your family and visit them; ask them to tell you a story about when they were kids. Draw the story that they told you and gift them the drawing.

WEEK 2

Teach an elderly person from church or your community how to use a cell phone. Give them the steps to follow in order to make a phone call.

WEEK 3

Prepare a fruit salad (Easy to chew) for an elderly person and take it to them on a beautiful plate (dish). Make a nice card for them where you let them know how important they are to you.

AUGUST

Love for NATURE



WEEK 1

During this week we will care for our environment. Encourage your family to not buy any plastic items (Like bottles or candy purchased in plastic wrappers).

WEEK 2

The children from church will plant a tree or plant, name it, and care for it. They can plant it at the church, in their backyard, or in a special location.



Love for NATURE

WEEK 3

If you have plants in your home, dedicate this week to taking care of them by watering them. Ask your parents how to do it and what time of the day to water them.

WEEK 4

Recycle all plastic in your home and use it to make something useful or fun out of the recycled materials.



SEPTEMBER



Love for your FAMILY

WEEK 1

Take a family picture dressed nicely in whatever outfits you choose (Formal, all in white, in pajamas, etc.)

WEEK 2

Create a picture frame using materials that you like and are available to you and title it, "Love for My Family." Place the picture you took last week inside this frame.

WEEK 3

Plan a family excursion (children and parents) to a park, the beach, the mountains, etc., where you can spend the entire day or a weekend as a family.

OCTOBER



Love for GOD

WEEK 1

Ask a family member to help you make a kite, decorate it and put a message on it about who God is to you.

WEEK 2

The second Sabbath in the afternoon, the children will read the messages they wrote on their kites to the church members and at some point will go outside with everyone to fly their kites as high as possible and finish the day with a group prayer.

WEEK 3

Create two boxes the size that you would like them to be. On one box you will put a note about why you are grateful to God and on the other you will put a promise from God.



33 Feet

"I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day—and not only to me, but also to all who have longed for his appearing."

2 Timothy 4:7-8



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