

5 stories to explore from Tokyo 2020

Tokyo 2020 has been full of amazing stories of resilience, friendship and sportsmanship.

Why not use some of these incredible stories to spark conversations about our own faith and how it impacts the way we live.



1

Simone Biles withdrew in the middle of the gymnastics team event and shared openly about her mental health struggles.

Then she bravely came back and went on to win bronze on the beam!



1 Peter 5 v 7 encourages us to give our anxieties and fears to God.

What emotions have you felt this week?

Who can you speak to when you feel anxious or worried?

Luke 5 v 16 shows us that Jesus would often take time out to be alone and pray away from the crowds.

2



In the street skateboarding 12 year old Kokona Hiraki won Silver for Japan while 13 year old Sky Brown took Bronze for team GB. The gold medallist Sakura Yosozumi was just 19 years old.

1 Timothy 4 v 12 says: "Do not let anyone treat you as if you are unimportant because you are young. Instead, be an example to the believers with your words, your actions, your love, your faith, and your pure life."



FRIENDSHIP GOALS!

The street skateboarding finalists celebrating and supporting Okamoto Misugu who fell on her final run and missed out on a medal position.

How can you be a good example for others?

How can we encourage our friends when they are struggling?

3

Kanoa Igarashi of Japan missed out on Gold to Brazilian Italo Ferreira in the surfing final. Despite his disappointment he still took time to help translate questions for his rival at a press conference.

Matthew 5 v 44 says that we should love and pray for our enemies.



The story of the Good Samaritan in **Luke 10 v 25-37** is all about a man who helped somebody even though they were people who did not normally get on.

How can we deal with disappointment?

Who are our neighbours?

4



In the Men's high jump final Glanmarco Tamberi of Italy and Mutaz Barshim of Qatar chose to share Gold rather than go to a tie-breaker jump.

FRIENDSHIP GOALS!

Romans 12 v 10 says "Love each other like brothers and sisters. Give each other more honour than you want for yourselves."

What is your favourite way to share with your friends and show them love?

Glanmarco Tamberi said "sharing with a friend is even more beautiful."

Mutaz Barshim said "I know for a fact that for the performance I did, I deserve that gold. He did the same thing, so I know he deserved that gold."

5

In the 800m semi-finals Isaiah Jewett of the USA and Nijel Amos of Botswana got tangled and fell.

The two athletes helped each other to stand up and finished the race together.



The Bible says that living for God is like running a race. Why not read some of these race running verses together.

Hebrews 12 v 1
Galatians 5 v 7
1 Corinthians 9 v 24-27

Who helps you to carry on when something goes wrong?

What are the goals you are working towards today?



Ecclesiastes 4 v 9-10

talks about how important it is to have friends and family who can help pick us up when we fall.