Obstacle Course Ideas

For additional activities for your entire family, create your own obstacle course. Put on the whole armor of God to train to fight the devil. Below are some ideas to get you started. These obstacles can be anything: cones, chairs, cardboard boxes, etc.

1. The Whole Armor of God

- Make armor pieces out of foam, cardboard, etc.
- Find and read Ephesians 6:11-17
- Wear your armor throughout the activities

2. Storing Food

- Fill your "table" (plate or tray) and weave through obstacles without losing your food

3. The Lifeline Wire

- Blindfold the camper to find the wire to follow the wire back to the "lean-to"
- Your lean-to can be a picture of a lean-to or on a cardboard box

4. "3 Little Rings" Toss

- Form a three-ring target with string or spray paint on cardboard or on the grass etc...
- Label beanbags with senses (see, taste, memory, faith, etc...)
- Toss in appropriate rings



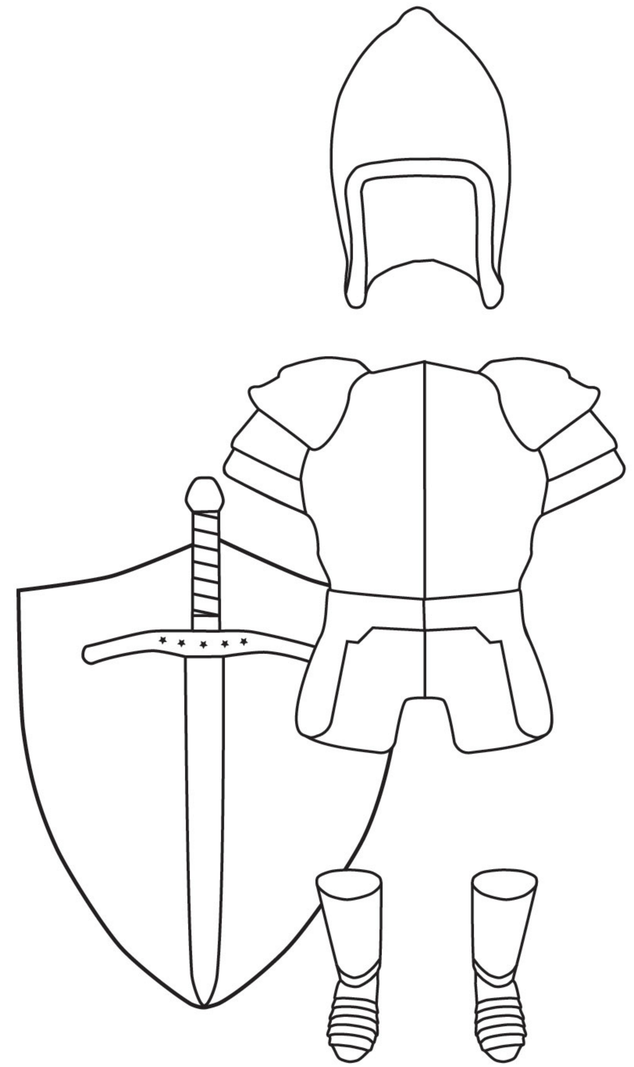
5. Whack it again!

- Create various challenges to fight the enemy/devil
- You can write sample life battles on your objects to try to avoid such as: Lying, stealing, depression, etc.
  - Pool noodles - whack your way through them with your sword
  - Balloons - throw darts at them
  - Paper/plastic/foam cups - to stomp every devil under your foot

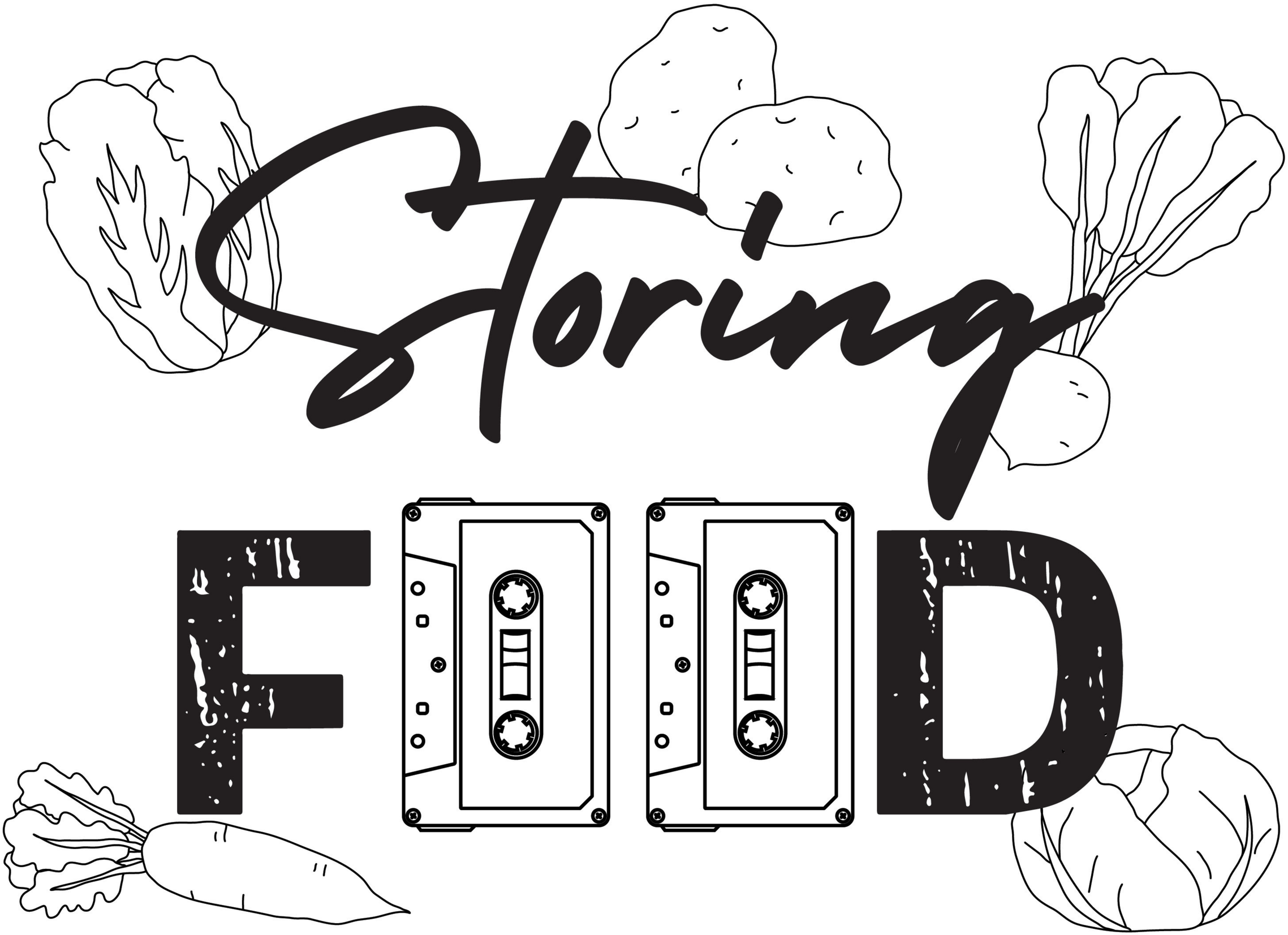
Extra ideas

- time the activities
- add in sword drills
- recite SOTP
- incorporate the senses
- split into teams and relay race
- add levels to the course
  - easier for the littles
  - harder for older
- incorporate the Gos-pills into your activities

The Whole Armor of God



Storing



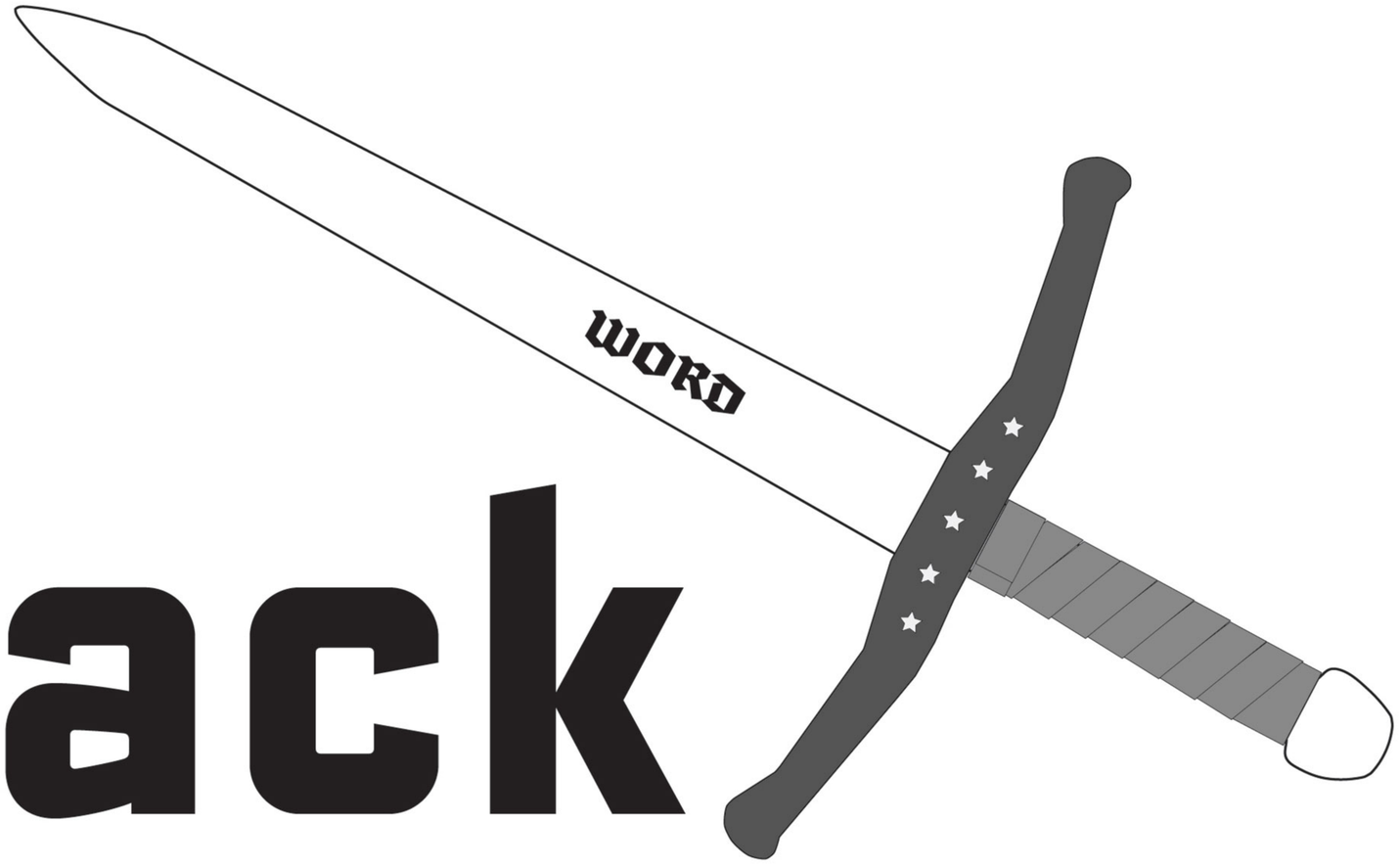
FOOD

Find The Lifeline Wire

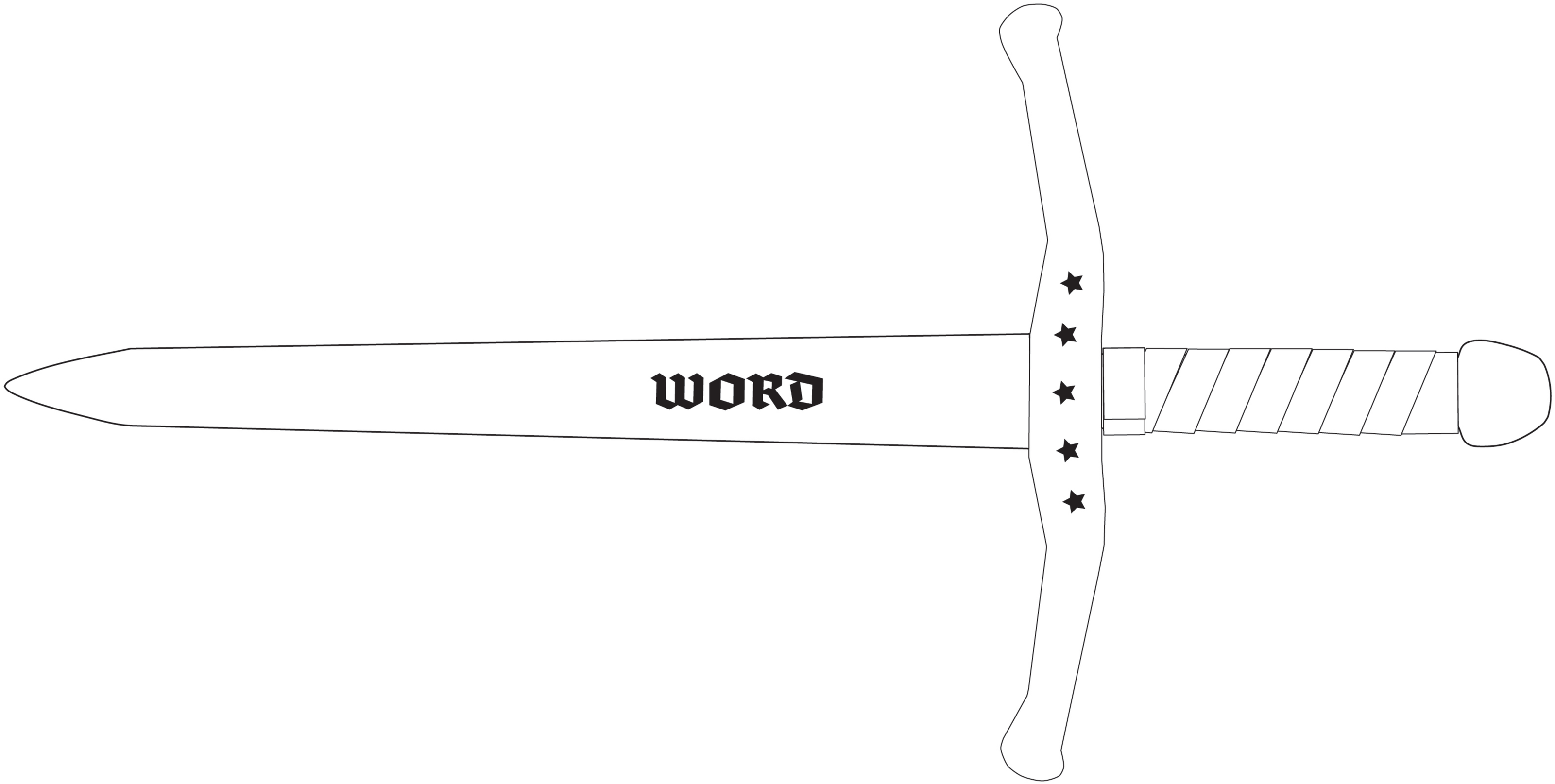


“3 Little Rings” Toss





Whack It Again!


WORD

FAITH

