

We believe that God is the creator of the whole of life. God's desire is for us to live lives that are fully healthy.

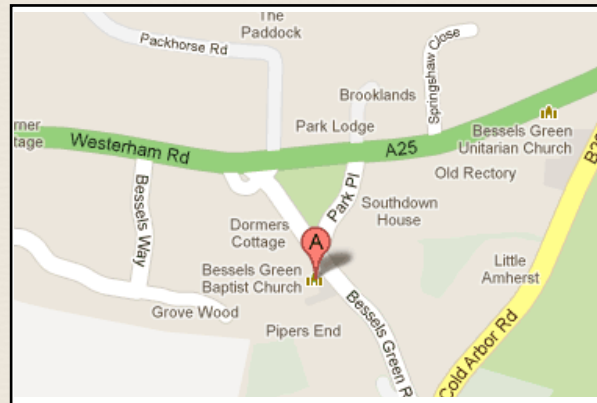
Physical health, mental health and spiritual health are all interconnected.

God's desire is for all of us to experience 'life, and life in all its fullness' (*John 10:10*).

Sport and physical activity are a part of God's good gift to us.



HOW TO FIND US



We are a church based in the heart of Bessels Green (near Sevenoaks) where all are welcome.

Why not come along to one of our services or any of our other events, get to know us and join in.

For details of these and all our other activities please go to

bgbc.co.uk

BESSELS GREEN BAPTIST CHURCH

Bessels Green, Sevenoaks

Kent, TN13 2PS

(01732) 454921

www.bgbc.co.uk

Registered Charity No. 1132394

SPORT

at Bessels Green Baptist Church



“God made me fast. And when I run, I feel His pleasure.”

— Eric Liddell





BGBC - 4.30 AFTERNOON SERVICE

The BGBC Afternoon Service is an informal church service for anyone; it was born out of a desire to keep in contact with those who have chosen to participate in sport on the Sunday morning.

The service is a relaxed hour, where children aged 11 years old and over are encouraged to stay in the service, worship and learn with their families. Activities are provided in the back hall for younger children.

During the hour you can expect a time of lively worship and singing, praying, interviews and interactivity. The sermon is short, often delivered in sections, and is interspersed with lots of activities and discussion.

Every week we finish with a bring and share tea together, between 5.30pm and 6.30pm.

WALKERS AND TALKERS

We meet on the fourth Sunday of the month at 10am at various locations within a five mile radius of BGBC - our walk usually takes about two hours. We are a friendly bunch of walkers varying in numbers from ten to twenty five. We try to finish our walk somewhere where we can have refreshments. We stop part way around for a few minutes of Christian reflection and prayer. The walk is led by Dave and Rob. All ages are welcome, we would love to have you join us.

If you would like to know more please email Dave Norton at ihopnorton@gmail.com

MOVES FITNESS

Moves Fitness combines dance-based cardio with functional strength and mobility training in a fabulously fun, pay-as-you go exercise class. It's suitable for everyone. So be inspired, come and join us to exercise to your own personal limit.

For more information contact Mollie Ford mollieford9@gmail.com

Monday 7-8pm, Thursday 8-9pm



BGBC FOOTBALL CLUB

BGBC FC has been meeting since 2003, with around 30 people each week enjoying an intensely competitive yet fun, fair and clean hour of football together. There's a short 'thought for the day' and prayer at the end. The venue is the floodlit astro turf pitch at the New Beacon School, TN13 2PB.

We pay £3 each, with any profits going to charity at the end of the year. It's open to anyone aged 15+ (under 18s must be accompanied by a parent). Ability levels vary, and everyone is accepted! New players are always welcome to just turn up - feel free to get in touch if you have any questions.

Monday 8.20-9.30pm, for more information please contact mattyoung27@gmail.com

RUNNING FREE

Running Free is a group that meets monthly for those who love running- we typically go out for a 60-90 minute run in the Sevenoaks area, either in Knole Park or on quiet back roads / local trails . We always welcome new runners and aim to stop for a coffee when we can - our aim is to enjoy the run and not run as fast as we can! We enjoy good conversation whilst running and when we finish.

For more information please contact John Riches on **07796 264513** or Laurence Trim on **07976 639815**