



Girls' Brigade celebrating 123 years of mission, 1893 – 2016.

Introduction

The Girls' Brigade Walkathon 2016



What is the Walkathon about?

Please use this resource in conjunction with the GBI BE COURAGEOUS Prayer Focus (downloadable from the GB Worldwide website – www.gbworldwide.org). The purpose of Walkathon is three fold:

1. Raise awareness of issues and needs of girls all around the world

To understand the global situation in regards to some of the issues facing girls check out PLAN websites. There are several Plan International sites on the internet, UK, Australia, USA etc. Read the stories and learn more about what being a girl is like in different countries.



Girls' Brigade has also produced a global justice resource called Hope For Girls. You can download it for free [here](#).



2. Raise money for GBI's GIVEaGIRLaHOPEfund to fund International projects
Applications for grants from this fund can be made by GB countries, companies or individuals as per the application form available from your IVP.
3. Raise the profile of GB in local communities – celebrating 123 years of mission among girls!
Use the Walkathon as a means of publicising GB in your community.

'Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.'
Isaiah Ch.41:10 (NLT)

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Introduction

The Girls' Brigade Walkathon 2016



How does the Walkathon work?

Every GB member is asked to find people to sponsor them on a walk or something similar that can be measured. The girls are encouraged where appropriate to get sponsors for what they are doing, these can be family, friends, church members, neighbours etc.

The walk or event is a pre-determined distance based on the age and abilities of the participants. As GB is now 123 years old we have used that figure as a pre-determined distance for the Walkathon. For younger members they could walk 1.23 kilometres or miles, 12.3 kilometres or miles for our older members, or another option would be just to walk for 123 minutes – it is that simple.

Here are two examples of how this works:

1. Say the sponsored walk is 12.3 miles or kilometres. If a girl gets sponsorship of £1 UK per mile/km from five friends she will raise £12.30p from each sponsor = £61.50 in total.
2. Say the sponsored walk is for 123 minutes, girls could seek sponsorship per minute e.g. 1p per minute. If they complete the 123 minutes they would receive £1.23 from each sponsor and if they had five sponsors this would be £6.15 in total.

This is a very easy fundraiser where both International and local GB benefits.

What is the target per member?

The GB International target has been set at £1 (one UK pound) per member.

What happens if you raise more than the per member target?

Money raised over and above the GB International target can be retained to support GB work locally.

What happens if you can't reach the per member target?

It is realised that some countries may not be able to raise funds in this way but it would be great if everyone could participate in raising our profile.

Sending your funds to GBI?

It is anticipated that any funds raised in your country will be deposited into your Fellowship account, tagged Walkathon 2016. Fellowships will then ensure that this money is transferred on to GB International.

Here are some ideas to get you thinking about verses and themes for Walkathon to link in with the International theme of Be Courageous:

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Walkathon '16



The Girls' Brigade Pacific Reflection

Today we are going to be talking about how Christ calls us to be courageous, in the Bible there are many scriptures that speak about courage, and today we focus on Isaiah Ch.41:10.

'Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right Hand'
Isaiah Ch.41:10 (New King James Version)

Firstly, what is courage? Courage is defined as the ability to do something that is frightening (or scary) to us, often just being brave is having courage.

A common mistake made today is confusing 'having courage' with 'being fearless'. Someone who is fearless often does not understand the consequences for their actions and they can make bad decisions because of this. With someone who is courageous it is quite different, they have the ability to control their fear so they can do the right thing, overcoming that fear.

Courage is seen amongst many people today, such as firefighters, who put their courage ahead of their fear in order to save people's lives.

Courage is not something easily found out of our own strength, in order to have courage and overcome our fears it is important to look to God.

As Isaiah Ch.41:10 says, the Lord is always with us, so it is important to remember that no matter the size of our fear, or how big our troubles, God will always be there to give us the courage and strength to overcome them.

Let's Pray:

'Lord, I ask you for courage to overcome fears in my own life, please help me to face my troubles so I can bring glory to you, Amen.'

By Alyssa from GB Pacific Fellowship



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The Girls' Brigade

Caribbean-Americas Reflection



Courage to move forward

He shall not be afraid of evil tidings: his heart is fixed, trusting in the Lord
Psalm 112:7

Many of our lives today are fraught with obstacles that make it seem like nothing is going the way we want it - like when the job we wanted didn't materialise, or we woke up late, or got into an accident, or maybe worst of all experienced the death of a loved one. I have seen many of my friends through the years lose a loved one and how hard it was for them. But I also see how strong many of them come out of this tragedy by putting their trust in the Lord. With their faith they were able to celebrate the lives of their loved ones, turn their grief into happiness and move forward knowing they are with GOD. They are able to bask in the memories that were left behind even when they are hurting within. Being able to use their pain and turn it to joy is a courageous thing for they are able carry on knowing that in their hearts their loved one is still alive.

By Roshanna from GB Caribbean-Americas Fellowship



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The Girls' Brigade Europe Reflection

Courage to face difficulties

What are you scared of? Who do you turn to when you're scared or who could you turn to? Do you think you could turn to God? Whenever we are scared or not sure what to do, know that God is always there beside us ready to give us the strength we need. You do not need to be afraid because God will give you courage.

Read *Footprints in the Sand* by Mary Fishback Powers (on the next page).

The Footprints poem is very powerful. It captures how we all feel at times. It also highlights that the reason we have got through these bad, scary times is because God has been carrying us through. Have you ever felt sad or alone and like you have nowhere to turn? Then suddenly you sense that everything is going to be ok? That is God telling you not to worry or fear. Isaiah 41 v 10 shows us that we don't have to go through anything in our own strength. Learn to trust God in your weakness!

Share a personal story of when you have felt scared but God has given you courage or use my story:

'When I was at school I was bullied a lot. I was called names, had gum put in my hair and was even pushed into the road in front of a car. I was scared, really scared, and my courage became non-existent. I asked God 'Why me? What have I done wrong?' I never thought I would be able to get through this bad time. It isn't easy at all and it can be scary and lonely but God has much bigger plans for each of us than what we can imagine. But eventually I found the courage to trust God and with the help of friends and teachers, the bullying stopped. The experience has helped me to become stronger and to stand up when I see others being bullied. God has given me the courage I need to overcome the bullies and help others.'

Try and remember that you are unique, you are loved and you are here for a reason.

Philippians Ch.4:13 says: 'I can do everything though Christ, who gives me strength.' You are not alone and you don't have to be alone. If you feel your courage failing you, talk to God.

By Sarah from GB Europe Fellowship

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The Girls' Brigade Europe Reflection



Footprints in the Sand by Mary Fishback Powers

One night I dreamed a dream.
As I was walking along the beach with my Lord.
Across the dark sky flashed scenes from my life.
For each scene, I noticed two sets of footprints in
the sand,
One belonging to me and one to my Lord.

After the last scene of my life flashed before me,
I looked back at the footprints in the sand.
I noticed that at many times along the path of my
life,
especially at the very lowest and saddest times,
there was only one set of footprints.

This really troubled me, so I asked the Lord about it.
"Lord, you said once I decided to follow you,
You'd walk with me all the way.

But I noticed that during the saddest and most
troublesome times of my life, there was only one set
of footprints.

I don't understand why, when I needed You the
most, You would leave me."

He whispered, "My precious child, I love you and will
never leave you

Never, ever, during your trials and testing.
When you saw only one set of footprints, It was then
that I carried you."

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Walkathon '16

The Girls' Brigade Asia Reflection



Courage to step forward

I took you from the ends of the earth, from its farthest corners I called you, I said, 'you are my servant'; I have chosen you and have not rejected you.

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous fight hand. (Isaiah Ch.41:9-10)

God chose Israel as His servant. We are His chosen ones too. But how do you identify yourself as one of God's chosen people?

We are living in a competitive society, where everyone works very hard to prove their value. From when we're born, we are having different forms of "competition" in our life, and often we use that to measure the meaning of life. But what does God think? God thinks we are His people, every single one is special in His eyes, He said 'I took you from the ends of the earth, from its farthest corners I called you, I said, 'you are my servant'; I have chosen you and have not rejected you.' He chose us as His servants and won't leave us alone, it's an honour to be God's servant, totally different from the world values. The evil and the world will always try to draw us from God, to be suspicious of God's love, especially when we are in difficulties, sadness or suffering.

These are the moments when we need to remember that we are loved by God, we are His chosen one, this is the most important and precious thing. God goes before us, He loved us, He called us to serve Him, He will prepare all the things we need, we can just fully trust Him and follow Him, because He loves us. Be courageous!

By Ellen from GB Asia Fellowship



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The Girls' Brigade Africa Reflection



True Courage

The word courage stems from the Latin word 'COR' meaning Heart. As a girl, I require courage to speak and be heard, courage to be grace-full, courage to act and courage to make the right choices. But again in our daily activities, we require courage. So where does this courage come from? Is it a special gift given to few or can it be attained?

'Believers look up, take courage; the angels are nearer than you think' – Billy Graham

The famous missionary Mother Teresa at age 17 had a calling to be a nun. Mother Teresa had big dreams; she set out to change the world. Her work with people she called the poorest of the poor, her advocacy for human rights and her tireless faith and courage made her saviour to thousands. Her grand goals and achievements were based on a simple commitment 'To Give'. It was this kind of courage that made Mother Teresa one of the most effective world changing missionaries in history.

True courage stems from the heart. Although the society we find ourselves in would like us to believe that true courage is found uninhibited in self-expression. Just as the popular messages tell us 'Go ahead, just be you, do not worry about what everyone else thinks'. Notwithstanding, these sayings are true, However, true courage cannot be found through self-expression and personal confidence, rather true courage comes from one's heart and total surrender to Jesus Christ from placing our lives entirely into his hands and declaring 'Do with me what you will'.

In the Bible, Jesus uses the word courage in very specific ways. In one account where He asks Peter to come join him by walking on water, Peter failed because he was afraid. And Jesus answered and said, '**O thou of little faith, why didst you doubt?**' (Matthew Ch.14:28-31). Faith precedes courage. For with faith we believe and we have the courage to act.

Revelation Ch.12:11 talks about this kind of courage in the saints of God. Only when we have let go of our own lives can we be truly courageous for God. Only when we are not clinging to our rights, ambitions and security can we boldly face whatever comes our way for His sake because we have nothing to lose.

Men and women with this perspective can change the world for Christ. This is the kind of courage we are called to pursue, a courage that shrinks from nothing because I know my life is entirely in God's hands. It was this extraordinary courage that David demonstrated while facing Goliath. No matter what, you need to have courage for today, Jesus offers to meet you there with what only He can do. He offers you healing when you hurt and strength in weakness. He offers His presence giving confidence that comes fully from who He is not who you are.

As this year unfolds, do not be distracted with trying to be yourself boldly and don't be fooled into thinking that because you lack natural boldness, you will never possess the kind of courage that Mother Teresa had.

PRAYER - Heavenly father, I want to believe that in you, I have all I need. As I begin today, give me grace and courage to take on whatever the day has in store. Help me shine brightly and grow in your knowledge. Amen.

By Chioma from GB Africa Fellowship.

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The Girls' Brigade Ideas



Ideas

Ideas from the different Fellowships have been gathered together for you to choose what your girls would like to do for their Walkathon challenge this year.

Remember the idea is for the girls to raise the profile of GB and if possible get sponsored for the activity undertaken with proceeds going to the International GIVEaGIRLaHOPEfund.

Please ensure that you comply with your country's Risk Management and Safety rules.

- **Trampathon/hikeathon**
Tramping and hiking are popular pass times. Girls can walk short or long distances, depending on their age. Longer distances with older girls, may involve an overnight stay.
- **Cyclethon:**
Many areas have cycle ways so instead of walking you may like to consider biking for your challenge. Depending on your climate if outdoor biking doesn't suit, you could use indoor bikes such as those in a gym, still being sponsored for the distance travelled.
- **Hire treadmills:**
Put the treadmills in the middle of a shopping mall. Get girls sponsored for the time and distance they walk on the treadmill. This is a great way to get involved and is not reliant on good weather. It's a great way to promote GB.
- **Swim-a-thon:**
Girls could be sponsored for covering certain distances in a swimming pool, lake, river or the sea. Mark off an area that the girls are to swim and ensure you have the correct leader/girl ratio and supervision that is required by your country's safeguarding rules.
- **Walk-of-help:**
Organise locations, whether it is at Churches or with people in need in your community. The girls would spend a set time at this 'place' (maybe 30 minutes) giving some form of voluntary service e.g. helping to weed an elderly person's garden, reading to an elderly person, cleaning some windows – in return for a small donation to the GBI fund.
- **Spell-a-thon/Math-a-thon:**
For those who are perhaps not so physical, a spell-a-thon or math-a-thon would be another way to support our Walkathon. Girls would be given math problems or words of varying difficulties depending on their age, and would be sponsored for how many they get right.

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The Girls' Brigade Ideas



Ideas

- **Pledge prayers:**
Host an event with some refreshments and music. Ask people to donate money for a candle or a balloon. At a set time, preferably at the end of the event, gather everyone together to write a prayer and place it under the candle or attach it to the balloon.
- **How far to the well, school? etc.**
Information can be given about how far some people have to travel for water, education or medical treatment. The girls can then be sponsored to walk one of those distances, maybe walking with no shoes or balancing books to experience the hardship of the girls who do this every day.
- **Prayer Walk:**
Walk around your community stopping at different stations to pray for GB countries around the world.
- **Amazing Race:**
Organise an amazing race with the girls being fitted with pedometers and being sponsored on the number of steps they take to complete the tasks.
- **Picnic:**
Walk around your community/parks etc. getting sponsorship for the walk; end with a picnic.
- **123 walk:**
Walk for 123 minutes discovering parts of your city/town/village that relate to the history of the beginnings of Girls' Brigade or ensuring that you go past places that influence girls (e.g. schools, school bus stops, fashion shops, media centres like radio stations or music store).
- **Community Walk**
Approach all the churches in the community and ask them to come on board with your Walkathon. As you walk, groups can join in from each church so the group gets bigger and bigger. The volume of people might mean some good publicity in the newspapers etc.
- **Prayer flags**
Put flags at strategic places along your Walkathon route where you will stop and pray for GB countries using material from the Be Courageous Prayer Focus.
- **A silent walk**
In the silence members would be encouraged to use this time for prayer and for taking in the sounds of God's wonderful creation.

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Girls' Brigade International Walkathon 2016 Sponsorship Card



Name: _____ GB company/group: _____

Our company will be taking part in the GB International walkathon on

Funds raised from this event will go to support our GIVEaGIRLaHOPEfund as well as support GB locally.

Sponsor's Name	Amount

Number of miles/kilometres completed _____

