

Unselfish Love

For small group

At least one person who can do push-ups (10 or 20 for each group member, depending on size of group).

Reward for each group member (hamburgers, food, candy, snacks)

In a small group of 5-7 people, ask for volunteers who can do 10 push-ups.

Then, ask those volunteers who can do 10 or 20 push-ups times the number of people in the group (70 total for example).

Out of those volunteers, ask the group to pick one person to do the total number of push-ups (Student A).

Have everyone form a circle and bring student A into the middle. Then show the rewards to everyone and explain the challenge below.

The challenge is, with every 10 or 20 push-ups Student A does, another person in the group gets the reward (hamburgers, food, candy, snacks).

Student A does not stop doing push-ups until every other person in the group gets the reward.

No one in the group is allowed to help Student A. No other person can substitute for Student A.

This icebreaker is a great opportunity to talk about unselfish love with the Huddle.

Bible Reference:

John 13



Fellowship of Christian Athletes © 2025
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909
Comments or Questions, fca@fca.org
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)
