

Faith Talk

OFF TO THE RACES

Removing things from our lives that slow us down and distract us.

Things you'll need:

- Clothing items (these can be shared)—include cumbersome items like oversized boots, coats, hats, backpacks, parent-sized pants, etc.
- Obstacle course—this can be set up inside but watch for things that cause stumbling. Example: Run to/around the mailbox, to/around the tree, in the backyard, down the slide, etc. (make it as long and complicated as age appropriate)
- Paper to record the two times for each participant
- Bible

Faith Talk:

Each runner (parents can race, too) will run through the obstacle course two times and a time will be recorded for each.

Round 1: Each runner will run through the course as quickly (and as safely) as possible. Record the time for each runner.

Round 2: Each runner must put on all the clothes, boots, and hats you have provided and run the same obstacle course. Record their new time.



HomePoint
Building Faith at Home

After each runner has recorded a time for both races, compare the two. Discuss the differences in times and reasons for the delays. *“Why did it take so much longer?” “Was it harder to run?” “Would it have been easier to simply run from point A to point B without all the obstacles?”*

Hebrews 12:1-2—“... let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.”

Discuss the things that slow us down in our daily race—anger, bitterness, unforgiveness, jealousy, busyness, etc. How do these things keep us from “running our race”? It’s like carrying around “baggage,” and it slows us down. Finally, talk about the benefit of running “fast” and straight. How can we run faster and smarter by keeping our focus on Jesus, and not taking all the tempting detours?

Teen Upgrade:

After discussing the “baggage” and keeping the focus on Jesus, apply these truths to “time.” We have a limited amount of time and some lesser important things keep us from getting to the important one. List all the things your student needs to do and desires to do each week. Include things like free time, friends, schoolwork, chores, church and other social groups, movies, reading, etc. How can we make sure the important things are completed and yet have balance by including the “fun” things, too?