

Lockdown

**Sunday school
worksheets**

Lessons to

**learn- run the
race!**

Talk

This is the last lesson from the lessons to learn series.

Over the past 8 weeks, you have looked at how important it is to put on the armour of God. To protect our heart, mind and soul from horrible things that can hurt us and pull us away from God.

We've talked about reaching up to Jesus, like a hot air balloon. Sometimes we need to get rid of things we don't need so that we can get closer to Jesus.

You are absolutely fearfully and wonderfully made. God has a plan for your life.

God wants us to show his light in our lives. So don't be afraid to talk about Jesus.

In this world, it is so easy to be tempted. Jesus was tempted. But we must remember that Jesus never gave in to temptation, so he never did anything wrong. We can ask Jesus to make us strong and say NO to wrong things too!

Jesus is the light of the world. We want to tell everyone about him. He can help us and light up our life.

Storing up treasure is like being Jesus. All his amazingness can become part of you. You can share with people and they too can become treasure in heaven.

Today's final lesson is about running the race.

Do you all like to run, or play tig/tag in the playground?

The bible calls our walk with Jesus a race, not because we want to beat the next person, or run our fastest, but because we start with Jesus and we want to finish with Jesus. We need to keep going until we get to be with Jesus fully.

Reading

Philippians 3:14-16

¹⁴ Like a man running a race, I try hard to reach the line so that I will receive the prize. Because we belong to Christ Jesus, God is calling us to receive this prize that he has for us in heaven.

¹⁵ All of us who are grown-up Christians should feel this way. And if you do not think this way, God will show you the right way.

¹⁶ But no matter how far we have gone, we must keep on going that way. And let us do it together, having the same things in mind.

Discuss

What can we learn about a race?

In a race, there is a starting point. So we start at a starting line. That is like Jesus. We start our Christian race by believing in him.

We run the distance. That can be a long, long run.

How does it feel when we run for a long time? Yes!. Sometimes we get tired, our legs ache, we want to give up or it's too difficult.

This is like our walk with Jesus too. Sometimes it can be difficult, sometimes we can get tired and we can hurt. But Jesus wants us to keep going, he is cheering us all the way, and he know that there is a great prize at the end.

Finally, there is a finish line.

How do we feel when we cross the finish line?

We are so happy. We haven't given up. We win a prize. And everyone cheers!

Prayer

Dear God.

Thank you for being with us at the beginning of the race. Help us to stay strong and to keep going until we reach the end.

Amen

Craft.

Decorate and make the medals. Perhaps mum or dad could play the national anthem and award you your medal in a special way.

Extra crafts.

RUN FOR JESUS!

Have a Goal _____

Train Hard _____

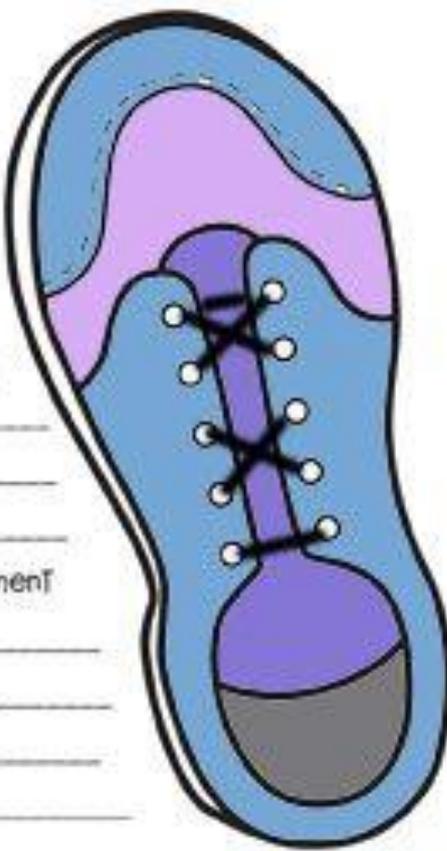
Find a Coach _____

Use The Right Equipment _____

Remove Obstacles _____

Don't Look Back _____

Keep The Faith! _____



Run for JESUS ACTIVITY Sheet

DaniellesPlace.com

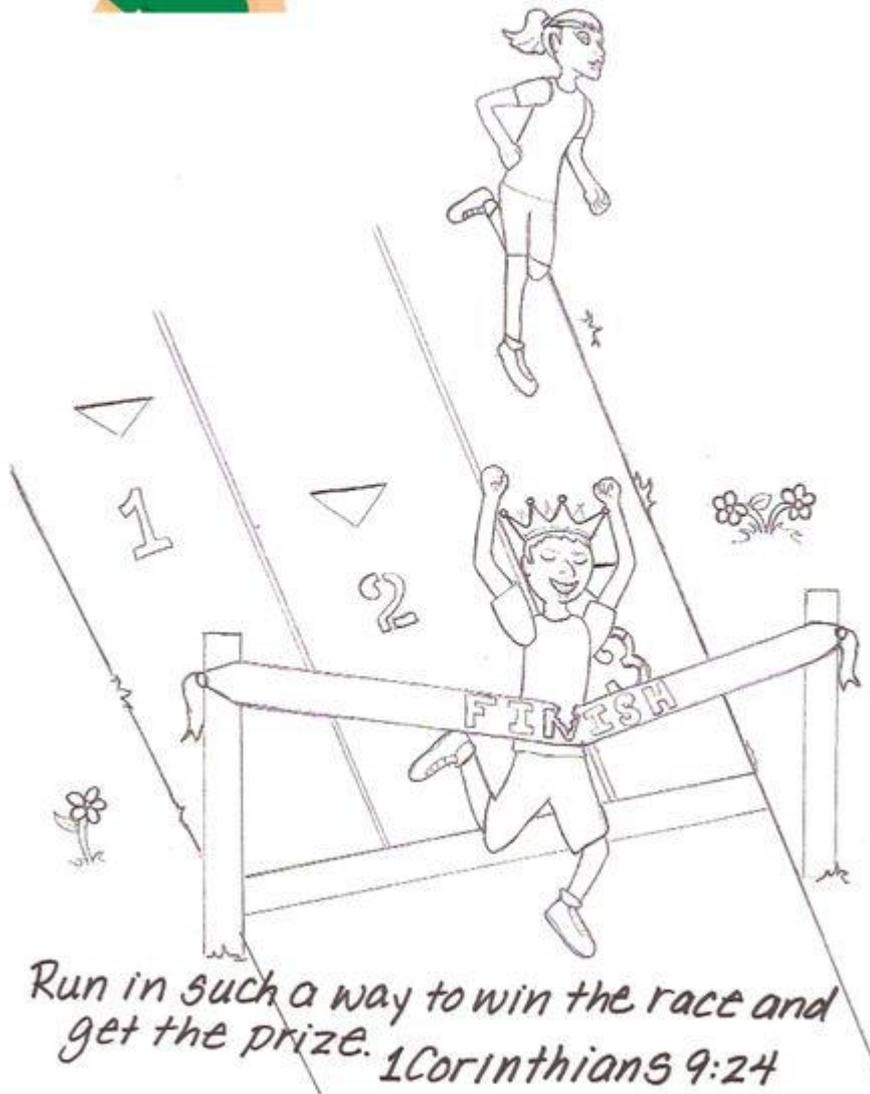


"LET US RUN WITH PATIENCE THE RACE
THAT IS SET BEFORE US" (HEBREWS 12:1).



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*Run in such a way to win the race and
get the prize. 1Corinthians 9:24*

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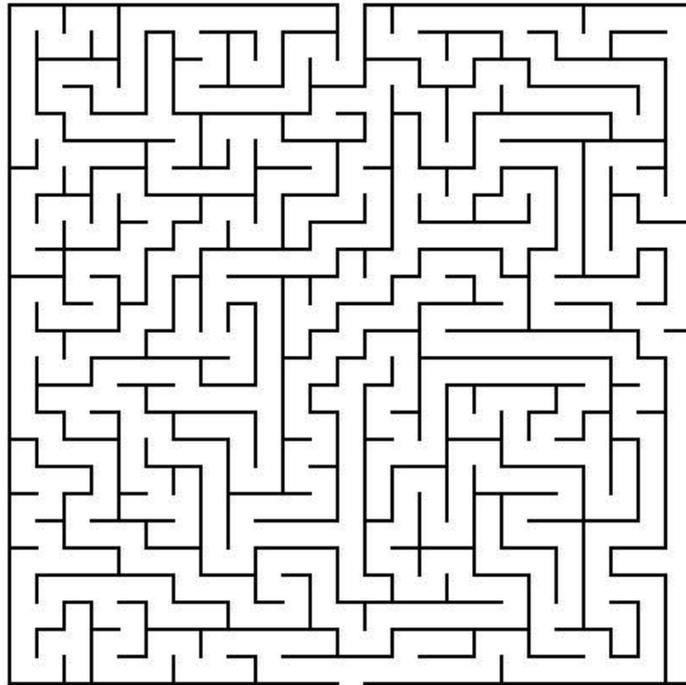
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15K Family Run

Activity Page



TC 10K



Little Runner's Maze