

Go-Kart track!

Lesson Idea:

Hebrews 12:1

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, 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.

(Come out holding all your things/baggage and wearing your running shoes.)

Have any of you ever run a race before? Did you win? I am getting ready to run a race today and I have everything I will need. I have a CD player because I have found out that if I listen to music, I can run a lot faster. I also brought a cooler full of drinks and food just in case I get hungry or thirsty. You don't want to run on an empty stomach.

I also have an umbrella if it starts to rain, that way I can stay dry. I am also going to bring a beach chair because I may need to take a break somewhere along the way. I have a first aid kit too because you never know when you will have to do emergency surgery on yourself!

I just know that I am going to win! How do you think I will do in this race? (Wait for responses.) You don't think I will do very well? Why not? (Wait for responses.) You think I am carrying too much stuff? But I need all of these things, don't I? Let's see how quickly I can run the race. **(Run around the track once with all the baggage and time it)**

You guys were right I didn't run the race well at all. In fact, I was quite slow and all this stuff weighed me down. This reminds me of what the Bible says in Hebrews 12:1. It says that we should put off all the things that weigh us down and run the race that God has for us. I would probably run a lot faster if I laid all these things down! Let's see how quickly I can run without all this baggage. **((Run around the track once without all the baggage and time it)**

Wow I was so much quicker and that was some much We can run the path God has for us faster and better if we lay down the things that weigh us down. Maybe we need to lay down a sin. Maybe we should lay down a bad habit. Maybe we will have to lay down a relationship that is not good. We need to lay down anything that is getting in the way of us moving closer to God.

Kids love to race! You will need to hire go-karts and set up a track in a flat, outdoor space like a field or parking lot. Leaders need to become track marshals and keep the kids safe.

Items needed:

- Items for Lesson: CD player, Cooler with drinks and snacks, Umbrella, Beach chair, First Aid Kit, Timer.
- Hired go-karts (the ones that are pushed not engine powered)
- Items to set up a track: beacons, danger tape, flags.
- Water Guns

Game instructions:

1. Children get into teams of two. One is the driver, and one is the pusher.
2. As they navigate the track, they might need to collect something, avoid getting squirted by water guns from the crowds and go through a "pit stop" where they need to say a verse to a leader before continuing.
3. Make sure that each team goes twice so that each child gets a turn to be a driver and a pusher.
4. When the teams cross the finish line, they could collect a reward.

