

Weekend: May 1 & 2, 2021

Orange 252 Kids

Week 1: 5K: Run the Race

Lesson Summary: Keep practicing what matters most.

Memory Verse: "Training the body has some value. But being godly has value in every way. It promises help for the life you are now living and the life to come."

1 Timothy 4:8, NIV

VIDEO LESSON REVIEW: After watching the Week 1 Lesson Video, choose the best answer to each question. The Bible story reference can be found in 1 Corinthians 9:24-25.

1. Making a plan and putting it into practice is the definition of what word?
A) Courage B) Creativity C) Commitment
2. What was Erika training for?
A) A swim competition B) A 5K race C) A soccer tournament
3. The Apostle Paul used running a race as an example of living a Christian life in what book of the Bible? A) Acts B) Romans C) 1 Corinthians
4. When we are running the race of life as a follower of Jesus, what is at the finish line?
A) An eternity with Jesus B) Water and oranges C) A gold medal
5. In the "Love God/Love Others" Marathon, the four parts of the training plan are:
1-Hear (God's Story) 2-Pray (to God) 3-Talk (about God) and 4-_____
A) Ask (God questions) B) Live (for God) C) Go (to church)
6. When life gets tough, we don't have to rely on our own strength. Why?
A) Because we can rely on God's strength B) Because we don't lift weights
C) Because we don't have any strength
7. The bottom line of today's story is:
A) Keep training until you fall over B) Keep practicing how to juggle
C) Keep practicing what matters most
8. What can prevent you from getting injured or burnt out when training for something? A) Gatorade
B) Rest & Recovery C) An ankle brace

Answer Key: 1) C 2) B 3) C 4) A 5) B 6) A 7) C 8) B

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1. ICE-BREAKER QUESTION: What is the longest distance you've ever run?

2. PRAYER REQUESTS AND PRAYER TIME:

Here are some suggested prayer prompts if kids have a hard time thinking of something to pray for:

*If Jesus was sitting next to you right now, what would you say to him?

*Do you have a friend or family member who is sick or needs help with something?

*Did anything happen this week that you didn't like; something you can ask God for help with?

*What is something in your life that you can thank God for?

3. MEMORY VERSE -

"Training the body has some value. But being godly has value in every way. It promises help for the life you are now living and the life to come."

1 Timothy 4:8, NIrV

4. DISCUSSION QUESTIONS & BIBLE PRACTICE:

- Have your child use their table of contents to find the book of Proverbs. Is it in the New Testament or Old Testament? *Old*
- Find Proverbs chapter 16 (big number); verse 3 (little number).
- Have your child read Proverbs 16:3 out loud.

"Commit to the Lord everything you do. Then he will make your plans succeed."

- What word in this verse goes along with what we learned today? *Commit*
- What does it mean to "commit" everything we do to the Lord? *Do everything as if you are doing it for the Lord; dedicate your life to the Lord; let Him guide you*
- This verse tells us that if we commit everything we do to the Lord, what will the outcome be? *Our plans will succeed*
- Do you ever ask God to be a part of your "training plan" for life? Pray and ask God to guide you through this race of life so you can be with Him in eternity!

EVERYONE
WHO COMPETES ^{IN} THE
GAMES
GOES
INTO



STRICT
TRAINING.
THEY ^{DO} _{NOT}

GET A
CROWN THAT
WILL ^{NOT} LAST,
BUT ^{WHO} _{DO} GET A
CROWN THAT
WILL LAST FOREVER.



1 CORINTHIANS 9:25

The Summer Olympics



Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it for a crown that will not last; but we do it to get a crown that will last forever. 1 Corinthians 9:24-25

D V O L L E Y B A L L D D G O
 V A Z D J T G S M R H I G B A
 G Q L B B R A O I W W V Y A S
 A O M A S A M F I P U I M S W
 G E E T O C E T J F D N N K I
 V S D H C K S B P V N G A E M
 A O A L C T Q A T U S U S T M
 R L L E E Z P L C E R A T B I
 C Y P T R X E L C G B S I A N
 H M Y E Y W S A D D R I C L G
 E P H S R G R D Y A O L S L E
 R I F E N C I N G W N V T W D
 Y C Q N M Q H O O Z Z E R C Z
 U H N R U N N I N G E R F B B
 W O Z J R C W C O M P E T E O

GAMES	COMPETE	FENCING	SILVER	BASKETBALL
TRACK	SWIMMING	BRONZE	GOLD	OLYMPIC
VOLLEYBALL	SOFTBALL	DIVING	RACES	RUNNING
GYMNASTICS	ATHLETE	SOCCER	ARCHERY	MEDAL