

## Go: Run to Win!



Have you ever raced your Mum and Dad? I like to race my children. One day we were on holiday and had a race back from the beach to our caravan. We had to run up a steep hill, open and close lots of gates, run through stones and mud. The children were running with their Dad, and he kept saying "Come on, we can win this". He helped one of them get up when they fell over and he held my daughter's hand to keep her safe. And guess what: they did win and were sneaky enough to run ahead of me and hide behind a gate to make me jump when I got to the end!!

Jesus wants us to run after Him with everything we have got and to live our life His way. He wants us to have fun as we live our lives

**God loves us so much He doesn't just say "off you go on your own, now win". He helps us!**



God gave us the Holy Spirit to show us where to run, how to avoid obstacles and to remind us of the prize of living close to Jesus. If we are afraid, He comforts us; if we feel alone, He is our friend. He shows us the safe places to go, the best people to have as our friends, the words to say and not say.



*Has your Dad or another grown up ever given you a "piggyback" and carried you?*

When things get difficult did you know God carries you?! It's like He puts you on His shoulders and runs instead of you! That's how much God wants you to win your race and be close to Him

It's important that we keep our eyes on Jesus and don't get distracted.



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*What things might distract us from putting God first?*

*Can you make a list of them?*

A yellow clipboard with a white and yellow checkered tab at the top. The main body of the clipboard is yellow and contains four rows of writing lines. Each row starts with a small white square box, followed by a dashed line, and then a solid line.



Read **1 Corinthians 9 24-27** (ideally from The Message)

- What does it say we should not do? What does it say we should do?



Now read **Hebrews 12 v 2** (again from The Message if you can)

- Who do we keep our eyes on? Why?



Can you remember the prize we are running for?

**Life forever close to Jesus!**



To keep your eyes on Jesus, you can start by reading your Bible, maybe one verse a day and praying, by listening to Him when you pray. Let Him be in charge of your heart and your mind.



*Is there anything you know God has asked you to do recently that you haven't done yet? Remember the Holy Spirit will help you to do all that Jesus asks you to do. Draw it in the box below.*



God sends us into all the world to **Go** and tell the Good news of what He has done; to tell others our story of what God has done for us, about the peace and love we know in our lives.

This is part of our race too.



Let's chat to God about running to win

1. Tell God about all the things that distract you and take your mind off doing things God's way.
2. Tell Him about a time you won your race
3. Ask Him to show you how He will help you to do what He wants and to fix your eyes on Jesus
4. Ask Him where He wants you to Go and who He wants you to share the Good News of His love with today.



**Or you could use this prayer to help you:**

Thank you, Jesus, that you know all about the race I am running for you. Thank you that you are always with me and give me the Holy Spirit to help me follow You. Please help me to keep my eyes on you, so I don't get distracted from what You want me to do. Thank you that I can do everything you want me to do because you give me your strength. Amen