

Go: Are you ready to run?

Do you play any sport? Or are you part of a team activity? How do you get ready for a race or competition?



When you are an athlete, a footballer, a dancer, a singer, or a musician you must be prepared before you start a race or a competition – you can't just wake up one day and expect to win!

When you get ready to run a race, you must train; you must have the right stuff:

- The right shoes
- The right clothing
- Drinks and snacks to help you keep going
- A training programme to help you go faster or do better each time
- Maybe a coach/trainer
- A goal – you decide when you have won/achieved your goal
- Rest



What equipment do you need for your sport or activity? What did you need to do before you could enter or win a competition or race?

Draw all the things in the box below



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When you start a sport there are times it feels like really hard work, so it helps if you have a team or a trainer to keep you focused and to encourage you to keep going.



Look up **Hebrews 12:1-2**

Who do we keep our eyes on when we run our life race?



Now look up these verses in **1 Corinthians 9:24-27**



Our prize is a full wonderful life where Jesus is in charge!



He is our prize, but He is also our champion. He starts us off on the race, and He keeps us going! Jesus is cheering us along every step of the way! He loves us and knows we can only live our life to the full according to His plans for by helping us. We just need to ask him to help, and He will send the Holy Spirit to be our guide to show us the way.



Our Bibles are God's Word to us and tell us important things, a bit like a race manual. In our Bibles we find out what words to say or not say, how to behave to others, how to pray. It builds our faith to believe all that God says is true and helps us expect to see miracles and supernatural wonders just like in



the stories we read!

We need to put Him first in everything we do and let Him tell us when, where and how to "run".

Let's chat to God about being ready to run

1. Ask God what you need to be ready to run.
2. Tell Him about your favourite competition or race
3. Ask Him to show you one part of your life with God that you need to practise more (maybe it's praying more often as part of your day,



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worshipping with songs and music, reading more of your Bible or more often, or making being with church friends something that is more important to you now)

4. Ask Him to show you a story in the bible you could use as an example to follow today



Or you could use this prayer to help you:

Thank you, Jesus, that you have a fun and adventurous race of life for me. Thank you that You are always with me, ready to show me where to go and what I need to do. Thank You that You never leave me to try on my own. I thank you that You gave me Your Word, the Bible, to show me how to live. Please make my life to be like a light that shines for Jesus, showing others how amazing it is to be a child of God. Amen

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