

Rescue Relay

Materials

- ☐ Pool noodles, one per team
- ☐ Masking tape or cones

Instructions

Make a line on opposite sides of the room using tape or cones. The more space between the two lines, the better. Divide class into teams, then have half of each team line up on the lines across from each other. Give the first student in each team on one of the sides a pool noodle. Explain that the goal is to “rescue” their team by being the first team to get both of their groups to the opposite side. But, they will be making their way across the room by walking (balancing) on a pool noodle (to represent the ropes used to rescue Jeremiah).

When you say “Go,” students will work their way across the room, one at a time, by placing the pool noodle on the ground and balancing while they walk along it. Once they reach the end of the pool noodle, they may step to the ground, pick up the noodle, and place it in front of them. Students will continue across the room using the pool noodle until they reach their teammates on the opposite side. There they will pass the noodle to a teammate, who will work back across the room in the same manner, walking on the pool noodle. Students who step off the pool noodle before reaching the end must return to the beginning of the noodle and get all the way across. The first team to get both groups to the opposite side wins.

Suggested Discussion

- ?** Jeremiah was rescued from the cistern by Ebed-melech. Who remembers what Ebed-melech used to get Jeremiah out of the muddy pit? *Rags, clothing, and ropes.*

Our relay used a pool noodle to remind us of the ropes and rags the men tied together and let down to the prophet. It took some work to get your team across the room because you could only walk on the pool noodle. While our task was a fun race, the job that Jeremiah was given was really hard. He delivered God’s messages to people who didn’t want to repent. Even though they refused to listen and punished him, Jeremiah remained faithful and obedient to God. And God watched over Jeremiah, even when Jerusalem fell to the Babylonians.