

# WEEK 2

# BEING

## Theme

BEING with Jesus

## Memory Verse

*"And let us run with perseverance the race marked out for us, 2 fixing our eyes on Jesus, the pioneer and perfecter of faith..." Hebrews 12:2*

## Bible Verses

*Hebrews 12:1-2 "Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, 2 fixing our eyes on Jesus, the pioneer and perfecter of faith..."*

## Big Idea

Why is BEING with Jesus important?

## Goals

➡ Give examples of different ways of BEING with Jesus. How did Jesus model this?

## WARM-UP

### The Survivor "T" Challenge

#### *What you need*

Nothing

#### *What you do*

Have the kids stand with their arms out like a T. Have them hold something (added weight like a book) in each hand if you want this to take up less time. See who can hold their arms up the longest!

#### *What you say*

Did anyone have a hard time starting that game? It's easy to start! Your arms aren't tired and you feel like you could hold up your arms forever! But the longer it goes the harder it is to hold our arms up. I can start strong on my own strength, but I can't always finish strong on my own strength.

## OBSERVATION

*In this skit Red will want to give up on something or not want to finish something. Whatever God starts He finishes. You may start some things and not finish. But what God starts He finishes!*

#### *Prep*

*Use masking tape to make a hopscotch board on the floor of the stage.*

**Teacher:** Hey boys and girls! Welcome back! I'm so excited to see you here because we are going to talk about the very first theme of the Red Letter Challenge: but first, let's review...

*Review the different hand motions and see if the kids can remember which hand motion goes with which theme.*

**Teacher:** You did great! Now, for a bonus, who can tell me why do we call this a RED LETTER challenge? What is the importance of red letters? Great! We are in a challenge right now here at church of working together to put what Jesus said into practice!

The very first theme that we will be working on this week is just BEING with Jesus....

*Red comes into the room very frustrated and throws a piece of chalk on the floor.*

*Teacher goes over and picks up the piece of chalk.*

**Red:** It's this terrible hopscotch game. I wanted to learn how to play so that I can go over to my neighbors who are always playing it, but I'm no good. I can't hop on one foot. I QUIT!!!!

*Red stomps over to a corner and slumps down.*

**Teacher:** That's tough Red. I'm sorry buddy. Let's not give up so soon! I have an idea! Come on: I have a hopscotch right here! Let's practice.

**Red:** No. I don't like practicing. I am quitting.

**Teacher:** But Red, how can you get better if you don't practice? Let's see what we can do... come on, show me.

*Red tries to hop on one foot in place loses his balance quickly and falls over.*

**Red:** See?!? I'm not good at all. I'm terrible. I will never be able to do it. I give UP.

**Teacher:** Red, how long have you tried?

**Red:** Well, once I tried it at my neighbor's house and...how long have we been here?

**Teacher:** Red if you need to get better at something than you have to practice for more than that. And most importantly, you can't give up. You know, that reminds me of something I read about in my Bible. It was from Isaiah 40: 30-31 and it says:

*(As Teacher is reading the Bible verse below, Red is acting out the words.)*

Even youths grow tired and weary,  
and young men stumble and fall;

<sup>31</sup> but those who hope in the LORD  
will renew their strength.

They will soar on wings like eagles;  
they will run and not grow weary,  
they will walk and not be faint.

**Red:** Run and not be tired? That's incredible! I want to try that right now!

*Red starts running around the room but quickly gets tired.*

**Red:** I give up again!

**Teacher:** That's not exactly what God meant by that verse. We are human, so we will get tired. We will lose our balance and sometimes we will fall down. He was trying to tell us that when we feel like giving up we can know we are not alone and Jesus is always with us.

**Red:** So Jesus can help me get better at hopscotch?

**Teacher:** He can help us not give up. Come on! Let's just start with square 1.

**Red:** OK...Here I go!

*Red and Teacher play for a minute.*

**Red:** Wow! It helps to have someone to balance on! If I just hold onto your arm I did a lot better.

**Teacher:** Yes, being with someone helps us to do things sometimes.

*Red exits*

**Teacher:** Jesus loves us SO much that he wants to always be with us! That's why we are starting this challenge learning about being with Jesus, hanging out with him just like He's a buddy. Jesus is not only your Savior He is your friend too, and he wants to hang out with you!

## INTERPRETATION / APPLICATION

### Activity 1: Topsy Turvy

Ages: all ages

#### *What you need*

Blanket (sheet, carpet, rug)

#### *What you do*

Get a large piece of material like a blanket that your whole group can stand on. The blanket must be turned so that the underside is on the top without the children leaving the blanket.

Then the blanket must be turned over again the same way: have them work together without having anyone step off blanket.

If a player touches the ground (off the blanket), the game must be started over from the beginning.

#### *What you say*

Jesus invites us into a relationship with Him, but we can't always see the other side of the plan in our lives. Sometimes when things aren't going our way, it can seem like we are just getting cramped, like when we were trying to flip the blanket and we were all cramped together in the corner. But God has a plan and in time we will see what is on the other side of what we are going through. And we can't do that alone! We need other Christians to walk alongside us in church, small groups, Sunday school and everywhere we go.

## Activity 2: Dig into "BEING"

Ages: older ages

### *What you need*

Bible

### *What you do*

Look up the verses listed below and see if the kids can identify the ways that you can be with Jesus. (Answer key provided at the end)

### *What you say*

Let's look up these verses and see if we can figure out the different ways Jesus gave His disciples to be with Him.

Now let's brainstorm together and come up with ways we can do some of these things today!

- John 8:31
- Matthew 9:38
- Luke 4:8
- Mark 6:31
- Matthew 6:17
- Luke 15:23
- Mark 2:27

## Activity 3: Freeze Dance

Ages: all ages

### *What you need*

Music, open space for kids to stand and dance

### *What you do*

Have kids dance until the music stops. Then they have to freeze. If they didn't stop quick enough then they have to get tagged out or sit down until there is just one winner.

### *What you say*

If you want to act like Jesus, hang with Him! Today we are going to see how well you can listen and hang with us as we play freeze dance!

## **Activity 4: GOING/BEING (Red Light Green Light)**

Ages: older ages

### *What you need*

Nothing

### *What you do*

Play the game Red Light Green Light but use the words GOING for 'green light' and BEING for 'red light'. Let the kids take turns being the caller in the front. Make sure they are turned around so they don't see who is close to tagging them.

### *What you say*

Whew that was fun! You guys are super fast, and really good at GOING and BEING. Right now let's all sit down and BE with Jesus while I read this Bible verse

Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."

Jesus is a place where we can go to just hang out with him and be with Him. When we need rest he is our safe place!



## **Activity 5: Caterpillar Hopscotch**

Ages: all ages

### *What you need*

Masking tape or chalk if you can write on your floors.

*Optional: prep beforehand and make a hopscotch course on the floor, or use the one you had for the large group time.*

### *What you do*

Have the kids stand in line. Then they need to link up by holding hands or linking elbows

*Tip: If holding hands is an issue get some bandannas or popsicle sticks and have them hold those to link.*

Have the kids begin to go through the hopscotch game, but the catch is that they cannot let go of each other until they finish the final tenth square. They have to keep their links even while hopping. Keep going until every single person has gone through the game.

### *What you say*

Red was really frustrated when he tried to play hopscotch. He needed some practice to get through. Let's play and see if we can get through without giving up! Balancing is not easy!

## **Activity 6: One Foot Racing Game**

Ages: older ages

### *What you need*

Bandannas for tying legs together, starting line and a finish line

### *What you do*

Have the kids do a one legged racing game against each other (hopping on one foot), then have them get a partner and try a three legged race.

### *What you say*

Before we do our activity I want to tell you a story so everyone sit down.

*While competing in the marathon in Mexico City, John Stephen Akhwari cramped up due to the high altitude of the city. He had not trained at such an altitude back in his country. At the 19 kilometer point during the 42 km race, there was jockeying for position between some runners and he was hit. He fell badly wounding his knee and dislocated that joint plus his shoulder hit hard against the pavement. He however continued running, finishing last among the 57 competitors who completed the race (75 had started). The winner of the marathon, Mamo Wolde of Ethiopia, finished in 2:20:26. Akhwari finished in 3:25:27, when there were only a few thousand people left in the stadium, and the sun had set. A television crew was sent out from the medal ceremony when word was received that there was one more runner about to finish.*

*As he finally crossed the finish line a cheer came from the small crowd. When interviewed later and asked why he continued running, he said, "My country did not send me 5,000 miles to start the race; they sent me 5,000 miles to finish the race."*

Our Bible verses for today are also about racing. Can we all find Hebrews in our Bibles? Let's read this together.

*Hebrews 12:1-2*

*"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, <sup>2</sup> fixing our eyes on Jesus, the pioneer and perfecter of faith..."*

Today we did some running races. You worked extra hard to run these races and you finished like the Ethiopian, John, did. Does that mean that you got first place? Not everyone did. But you finished even when you lost your balance or messed up, and that is what is most important. It's not always whether we got first place or not, but how we ran the race or played the game.

## PRAYER

Dear God, it is amazing that you are always with us no matter what! What an incredible God you are! Jesus, we don't always remember that you are with us, and we forget to be with you and can just get frustrated instead when things don't go our way. Thank you for never giving up on us. Thank you for loving us so much that you died on the cross for our sins. We ask you to help us remember that you are always with us and you never give up on us, even when we want to give up.

Amen

### Answer Key:

- Abide in my Word: John 8:31
- Pray earnestly: Matthew 9:38
- Worship the Lord Your God: Luke 4:8
- Come with me by yourselves to a quiet place and get some rest: Mark 6:31
- And when you fast, anoint your head and wash your face: Matthew 6:17
- Let us eat and celebrate: Luke 15:23 (Remembrance)
- The Sabbath was made for man: Mark 2:27

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## KIDS TAKE HOME SHEET

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### Big Idea

Why is BEING with Jesus important?

Dear Parents:

Today we learned the importance of being with Jesus. There is no time like now for kids to start to get introduced to the concept of spiritual disciplines. These disciplines will be practiced all throughout this 40 day challenge, but specifically this week we want to focus on just BEING with Jesus. Later in our Challenge there will be many opportunities for kids to do more outwardly focused challenges, but we believe that Jesus teaches and models spending time with God the Father is what fuels the rest of his ministry.

So like Jesus, we want our kids to understand from the very beginning that our doing flows out of our being, because the strength that we are using is always Christ's strength and not by our own human attempts.

Talk to your child about the ways that you personally BE with Jesus. Use some of the ideas below to start some new habits as a family this week!

Challenge: ways your child can BE this week:

- ➡ Get a Bible that is appropriate for your age level. If you have a Bible already, put it on your nightstand and try to read a page or a section every day as a family before bed or on your own.
- ➡ Listen to worship music
- ➡ Celebrate and thank God for five things He has done for you. Plan a party to celebrate!