

KIDZ ROCK ONLINE

MAY 2

5K



RUN THE RACE

AT HOME ACTIVITIES



TODAY'S HOPE IN THE FAMILY ACTIVITIES

HEY FAMILIES!

There are lots of ways you can ‘train the body’ for a race or a big game. If you’ve played any sports, you’ve probably had to run drills, relays, or maybe even crab walk! Growing in our faith is like training for a big physical challenge. Making a commitment to follow God doesn’t just affect how you live today, but forever! That’s why it’s important to keep practicing what matters most.”

PRAY TOGETHER

“Heavenly Father, You are awesome! Thanks for reminding us how important it is to keep practicing what matters most. Help us make a commitment to follow You so we can love You and love others. Thank You for Jesus. In His name we pray, amen.”



ACTIVITY 1: RUN FOR THE PRIZE

WHAT YOU NEED

Bibles, construction paper, stapler, scissors, and markers

WHAT YOU DO

- Encourage kids to look up 1 Corinthians 9:24-25.
- Pass out a piece of construction paper to the kids.
- Instruct the kids to fold the paper in half, lengthwise (a hotdog fold), and cut or tear along the fold to make two strips.
- Encourage the kids to staple the two strips together to make it long enough to fit around their heads as a paper crown.
- Direct the kids to lay the paper out flat and decorate their crowns with markers however they want.
- As they work, lead the following discussion:
 - What does a gold medal runner have to do to prepare for a big race?
 - Have you ever trained for a sport or prepared for a recital? What did you do to prepare?



ACTIVITY 1: RUN FOR THE PRIZE

WHAT YOU DO (CONTINUED...)

- When we see someone receive a prize in a big race or competition, it can be easy to forget that they trained REALLY hard to win! What are some ways we train or practice our faith? (love God, love others; hear from God; pray to God; talk about God; live for God)
- Practicing these four things—Hear, Pray, Talk, Live—will help us love God and love others. That’s running in a way that will earn a prize. What kind of prize do we earn according to 1 Corinthians 9:25? Is it a crown like the one you made? (No, the prize lasts forever. When we put our faith in Jesus and practice loving God and others, we will win the prize of life forever with Jesus!)

WHAT YOU SAY

“Today, we talked about four ways we can grow or practice our faith. Commitment is about making a plan and putting it into practice. Even though the word ‘faith’ can seem like a big church word that’s not-so-easy to understand, there are some simple ways we can follow Jesus each day! Paul reminded us in his letter to the Corinthians to ‘run in a way that will get you the prize.’ And the prize can’t be taken away or lost like a trophy, medal, or crown! The prize is life forever with Jesus in a perfect place! That’s why it’s so important to keep practicing what matters most.”



ACTIVITY 2: SWAT THE ANSWERS

WHAT YOU NEED

“Swat These” Activity Page, flyswatters or paper plates, glue, craft sticks

WHAT YOU DO

- Give each kid a “Swat These” page and a flyswatter.
- Explain that you will read a sentence, and they will use their flyswatter to hit the word or image that correctly fills in the blank of the sentence.
- “When parents read the Bible out loud, I am practicing _____ing from God.” (Hear)
- “When I am scared at night in my bedroom, I _____ to God to protect me and help me be brave.” (Pray)
- “When I have a question about God, I can _____ to my parent about it.” (Talk)
- “When I practice Hearing from God, Praying to God, and Talking about God, it helps me _____ for God.” (Live)

WHAT YOU SAY

“Swatting our answers sure was fun. To Hear from God, Pray to God, Talk about God, and Live for God are all ways we can grow our faith. Just like a runner has a plan and train to get better at running, we have this plan to train and grow in our faith. The cool thing is that you’ll ALWAYS be practicing your faith!”

SWAT THESE

HEAR



PRAY



TALK



LIVE

