






Winter Games: 4-Week Children's Ministry Curriculum

 **Big Idea:** Jesus helps me run the race and gives me the prize of eternal life!

 **Memory Verse:** Hebrews 12:1 – “Let us run with perseverance the race marked out for us, fixing our eyes on Jesus.”

 **Theme Hook:** A Winter Games vibe—torch lighting, training drills, team relays, and medal moments—complete with opening and closing ceremonies as kids “compete” to honor Jesus.

Kids hear lots about medals, records, and being number one, but those messages can be all about fame and fade fast. This series helps children discover what God's Word says: nothing compares to the prize Jesus gives—new life with Him now and forever.

 **Gospel Connection:** Across four Sundays, kids see that Jesus calls us, His Word trains us, His people encourage us, and He rewards those who trust and follow Him—not by our effort but by His grace.

4-Week Lesson Overview

Week 1 – The Opening Ceremony: God’s Calling

- Bible Story: Run the race, eyes on Jesus (Hebrews 12:1–2)
- Key Discovery: Jesus is the goal; He calls me into His race.
- Takeaway: I can always: Fix my eyes on Jesus and take my next step with Him.

Week 2 – The Training Plan: God’s Word

- Bible Story: God’s Word lights my path (Psalm 119:105)
- Key Discovery: The Bible guides my steps every day.
- Takeaway: I can always: Read or hear God’s Word and do what it says.

Week 3 – Teamwork Wins: Encouraging One Another

- Bible Story: Two are better than one (Ecclesiastes 4:9–10)
- Key Discovery: God designed us to run together.
- Takeaway: I can always: Encourage a teammate and ask for help.

Week 4 – The Winner’s Crown: Keeping the Faith

- Bible Story: Finish the race, keep the faith (2 Timothy 4:7–8)
- Key Discovery: Finishing with Jesus is the greatest prize.
- Takeaway: I can always: Keep trusting Jesus when it’s hard, knowing He rewards faithfulness.



Hebrews 12:1b NLT

And let us run with
endurance the race God
has set before us.



Week 1 — The Opening Ceremony: God's Calling

- Bible Story: Run the race, eyes on Jesus (Hebrews 12:1-2)
- Key Discovery: Jesus is the goal; He calls me into His race.
- Takeaway: I can always: Fix my eyes on Jesus and take my next step with Him.

Video Bible Stories: Use this link to access recommended Bible story videos and bonus content for this curriculum series. <https://linktr.ee/WinterGamesLessons>

Parent Connect: Print extra copies of this overview page to share with the families in your ministry.



Week 1 - Supply List

Group Game: Starting Line Dash

- Masking tape or painter's tape (to mark starting line)
- Open space for running

Object Lesson: Starting Whistle

- Whistle (or any noise-maker like a bell or clap)

Bible Story

- Bible (for reading Hebrews 12:1-2)

Craft Activity: Torch Craft

- Construction paper (1 sheet per child, to roll into cone)
- Red, orange, and yellow tissue paper (for flames)
- Tape or glue sticks
- Markers or crayons

Word Search & Coloring Page

- Printed word search handouts (provided below, 1 per child)
- Printed coloring page (provided below, 1 per child)
- Crayons or colored pencils



Introduction Game (5 minutes)

Starting Line Dash

Supplies Needed:

- Masking tape or painter's tape (to mark a starting line)
- Open space for running

TEACHER: In the Winter Games, every race starts the same way—at the starting line. Today, we're talking about how Jesus calls us to start running His race. Let's get ready for our own race!

How to Play:

1. Use tape to make a clear starting line on the floor.
2. Have all the kids line up behind it.
3. Blow a whistle or say: *"On your marks, get set, GO!"*
4. Kids sprint to the finish (a wall, cone, or taped line across the room).
5. Repeat the race a few times with different fun variations (hopping, skipping, crab-walking, walking backward).
6. Let every child experience being "first" in one round.

Debrief: Every runner starts at the starting line. Our life with God starts when we fix our eyes on Jesus and follow Him. He calls us into His race—and He runs with us the whole way!



Object Lesson (5 minutes)

Starting Whistle

Supplies Needed:

- Whistle (or any noise-maker like a bell or clap)

Teacher: In the Winter Games, no race can start until the whistle blows or the starter calls, "On your marks, get set, go!" The sound tells the athletes it's time to begin.

Blow the whistle once.

That sound means "Start!" The Bible says in **Hebrews 12:1-2** that we are called to "run with perseverance the race marked out for us, fixing our eyes on Jesus." Just like athletes listen for the whistle, we listen for Jesus. He calls us to start His race and follow Him.

Debrief: The whistle tells athletes when to begin. Jesus is the one who calls us to start running His race. He is the goal, and He runs with us every step of the way.



Bible Story (15 minutes)

Run the race, eyes on Jesus (Hebrews 12:1–2)

Key Discovery: Jesus is the goal; He calls me into His race.

Takeaway: I can always: Fix my eyes on Jesus and take my next step with Him.

TEACHER: Have you ever watched the opening ceremony of the Olympics or Winter Games? Athletes from all over the world gather, and the torch is lit. It's the start of the games! In the same way, the Bible says that following Jesus is like running a race—and it begins when we answer His call.

The book of Hebrews was written to encourage believers who were tired and struggling. The writer compared the Christian life to a long-distance race. Just like runners need focus, training, and determination, followers of Jesus need to keep their eyes on Him.

READ (NIV): Hebrews 12:1a “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.”

The Bible says a crowd of witnesses—heroes of faith who trusted God before we surrounded us. Just like athletes wear light gear to run better, we should throw off anything that slows us down—like sin or bad choices.

READ (NIV): Hebrews 12:1b

“And let us run with perseverance the race marked out for us.”



God has marked out a race for each of us. It's not always easy, but we don't give up. Perseverance means to keep going, even when it's hard. Just like a marathon runner, we keep moving forward step by step.

READ (NIV): Hebrews 12:2 "Fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God."

Jesus is the goal. He ran His race all the way to the cross, where He took the punishment for our sin. He didn't quit. And now He's with God in heaven. When we keep our eyes on Him, He helps us keep running strong.

Summary: The Christian life is like a race. We throw off distractions, keep running with perseverance, and fix our eyes on Jesus—because He is the goal.

Gospel Connection: Jesus ran the race perfectly for us. He endured the cross so we could be forgiven and have eternal life. When we follow Him, He calls us into His race—and He promises to be with us every step until we cross the finish line with Him.







Discussion Questions & Prayer (5-10 minutes)

TEACHER: We learned today that following Jesus is like running a race. The Bible says to fix our eyes on Him and keep going, no matter what. Let's talk about that together.

Discussion Questions :

1. What do athletes have to do to get ready for a race? How is that like following Jesus?
2. What does it mean to "throw off" things that slow us down in God's race?
3. How can we keep our eyes on Jesus this week?

Prayer Time:

- Invite kids to share prayer requests—especially if they feel like something is making it hard to follow Jesus.
- Close with this short prayer

Jesus, thank You for calling us to run Your race. Help us throw off anything that slows us down. Give us the strength to keep our eyes on You and take the next step with You this week. Amen.



Word Search Puzzle

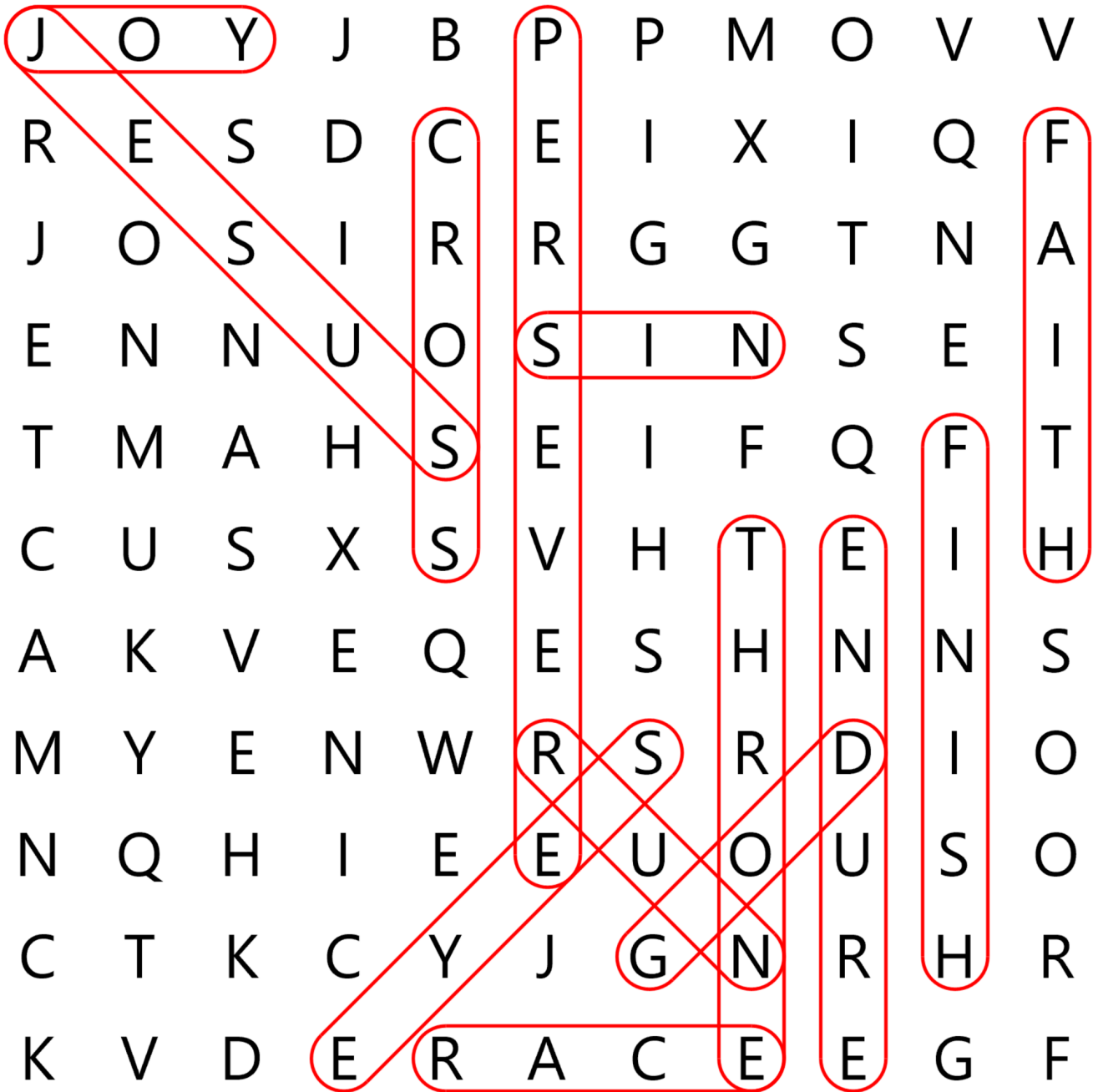
CROSS – ENDURE – EYES – FAITH – FINISH – GOD – JESUS

JOY – PERSEVERE – RACE – RUN – SIN – THRONE

J	O	Y	J	B	P	P	M	O	V	V
R	E	S	D	C	E	I	X	I	Q	F
J	O	S	I	R	R	G	G	T	N	A
E	N	N	U	O	S	I	N	S	E	I
T	M	A	H	S	E	I	F	Q	F	T
C	U	S	X	S	V	H	T	E	I	H
A	K	V	E	Q	E	S	H	N	N	S
M	Y	E	N	W	R	S	R	D	I	O
N	Q	H	I	E	E	U	O	U	S	O
C	T	K	C	Y	J	G	N	R	H	R
K	V	D	E	R	A	C	E	E	G	F



Word Search Answers



Craft Activity (5-10 minutes)

Torch Craft

Supplies Needed:

- White or colored construction paper (to roll into a cone)
- Red, orange, and yellow tissue paper (flame)
- Tape or glue sticks
- Markers or crayons (optional, for decorating the cone)

TEACHER: In the Winter Games, the torch is lit at the opening ceremony to begin the games. Today we learned that Jesus calls us to start running His race. To help us remember, we're going to make a torch craft!



How to Make It:

1. Give each child a sheet of construction paper. Show them how to roll it into a cone and tape or glue it closed.
2. Hand out tissue paper squares. Have kids crumple or twist the paper and place it inside the cone to look like flames.
3. Let them decorate the outside of the torch with colors or designs.
4. Once complete, have all kids hold up their torches and say together: "Eyes on Jesus!"

Debrief: This torch reminds us that Jesus is the light of our race. He calls us to start with Him and keep our eyes on Him all the way to the finish line.



Week 2 – The Training Plan: God’s Word

- Bible Story: God’s Word lights my path (Psalm 119:105)
- Key Discovery: The Bible guides my steps every day.
- Takeaway: I can always: Read or hear God’s Word and do what it says.

Video Bible Stories: Use this link to access recommended Bible story videos and bonus content for this curriculum series. <https://linktr.ee/WinterGamesLessons>

Parent Connect: Print extra copies of this overview page to share with the families in your ministry.



Week 2 - Supply List

Group Game: Slalom Scripture

- 6-10 cones, chairs, or markers (to weave around)
- Strips of paper with words/phrases from Psalm 119:105
- Tape or envelopes (to hold verse pieces at cones)

Object Lesson: Coach's Playbook

- Notebook or binder labeled "Playbook"
- Bible

Bible Story

- Bible (for reading Psalm 119:105, Psalm 119:11, Joshua 1:8)

Craft Activity: Trail Sign Poster

- Cardstock or construction paper (1 per child)
- Markers or crayons
- Ruler (optional, for arrows)
- Glue sticks or tape
- Scissors

Word Search & Coloring Page

- Printed word search handouts (provided below, 1 per child)
- Printed coloring page (provided below, 1 per child)
- Crayons or colored pencils



Introduction Game (5 minutes)

Scripture Drills

Supplies Needed:

- 6–10 cones, chairs, or other markers (to weave around)
- Strips of paper with individual words/phrases from Psalm 119:105 (“Your word is a lamp to my feet, a light on my path”)
- Tape or small envelopes (to hold the verse pieces at each cone)

TEACHER: In the Winter Games, athletes do lots of training drills to get stronger and faster. Today we’re learning that God’s Word is like our training plan—it guides every step we take. Let’s run a special slalom course to see how that works!

How to Play:

1. Set up cones (or chairs) in a zig-zag pattern across the room. At each cone, place one piece of paper with a word/phrase from Psalm 119:105.
2. Divide kids into two or more teams.
3. On “Go,” the first player from each team weaves through the cones, collecting one piece of the verse at a time.
4. They return and tag the next teammate, who repeats the process until all words/phrases are collected.
5. When all pieces are gathered, teams work together to put the verse in the correct order.

Debrief: Just like athletes train step by step, we ran the course step by step. God’s Word lights our path and shows us where to go next. When we follow it, we stay on the right course.

Object Lesson (5 minutes)

Coach's Playbook

Supplies Needed:

- Notebook or binder labeled "Playbook" (or any book that looks official)
- Bible

TEACHER: In sports, athletes use a playbook. It tells them the moves, drills, and strategies to follow so the team can win. Without it, they wouldn't know what to do!

Did you know that God gave us a playbook too? It's called the Bible. Psalm 119:105 says, "Your word is a lamp to my feet, a light on my path." Just like athletes depend on their coach's playbook, we can depend on God's Word every day to guide us and show us the best way to live.

Debrief: The Bible is our playbook for life. When we read it and do what it says, we know how to follow Jesus step by step.



Bible Story (15 minutes)

God's Word lights my path (Psalm 119:105)

Key Discovery: The Bible guides my steps every day.

Takeaway: I can always: Read or hear God's Word and do what it says.

TEACHER: Have you ever tried to play a sport without knowing the rules? Or run a race without a coach? It doesn't work very well. In the same way, God gave us the Bible as our training plan—it shows us how to live and follow Him.

Psalm 119 is the longest chapter in the Bible, and it talks again and again about how amazing God's Word is. The writer compares it to light on a path, showing us where to go. In Bible times, people didn't have flashlights—they used lamps. Lamps didn't light the whole road, just the next step. That's how God's Word works—it guides us one step at a time.

READ (NIV): Psalm 119:105

"Your word is a lamp to my feet, a light on my path."

God's Word is like a lamp. It doesn't always show us everything about the future, but it gives us enough light for the next step. When we read the Bible, God shows us how to live right now.

READ (NIV): Psalm 119:11

"I have hidden your word in my heart that I might not sin against you."

The Bible helps us resist sin. When we memorize and remember God's Word, it's like keeping instructions close to our hearts. That way, when we face a difficult choice, we know what God says.



READ (NIV): Joshua 1:8 “Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

Even long before Psalms, God told His people to think about His Word all the time—not just read it once in a while. When we do, God gives us wisdom and strength to live His way.

Summary: God’s Word is our training plan. It lights our path, helps us avoid sin, and shows us how to live strong for Him.

Gospel Connection: Jesus is the living Word of God (John 1:14). He came to show us the way to God and to give us eternal life. When we follow His Word in the Bible, we are really following Him.







Discussion Questions & Prayer (5-10 minutes)

TEACHER: Today we learned that the Bible is like our training plan. Just like athletes need their coach's playbook, we need God's Word to guide us every day. Let's talk about it together.

Discussion Questions :

1. How is the Bible like a lamp or flashlight on a path?
2. What happens when we hide God's Word in our hearts?
3. What's one way you can let the Bible guide you this week?

Prayer Time:

- Invite kids to share prayer requests—especially if they want to learn how to read, memorize, or obey God's Word more.

"God, thank You for giving us Your Word. Help us read it, remember it, and obey it every day. Thank You for sending Jesus, the living Word, to show us the way. Amen."



Word Search Puzzle

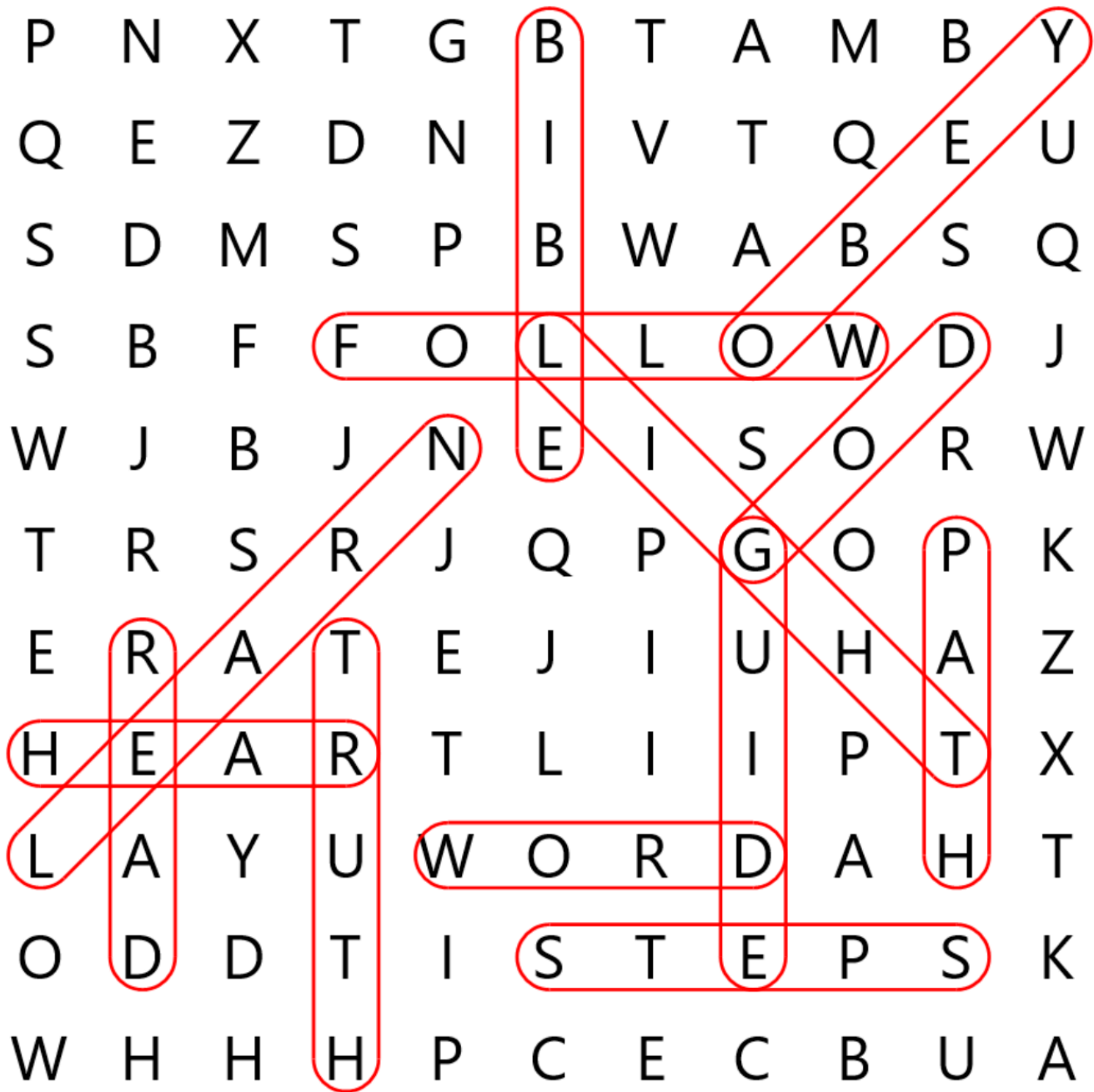
BIBLE – WORD – LIGHT – PATH – GOD – GUIDE – STEPS

READ – HEAR – OBEY – TRUTH – LEARN – FOLLOW

P	N	X	T	G	B	T	A	M	B	Y
Q	E	Z	D	N	I	V	T	Q	E	U
S	D	M	S	P	B	W	A	B	S	Q
S	B	F	F	O	L	L	O	W	D	J
W	J	B	J	N	E	I	S	O	R	W
T	R	S	R	J	Q	P	G	O	P	K
E	R	A	T	E	J	I	U	H	A	Z
H	E	A	R	T	L	I	I	P	T	X
L	A	Y	U	W	O	R	D	A	H	T
O	D	D	T	I	S	T	E	P	S	K
W	H	H	H	P	C	E	C	B	U	A



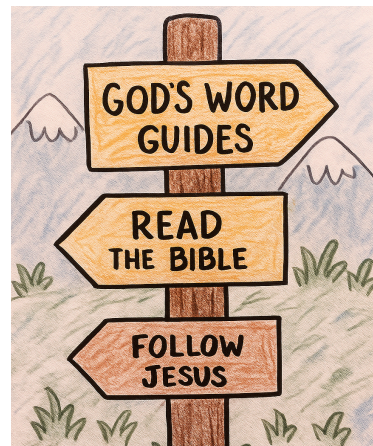
Word Search Answers



Craft Activity (5-10 minutes)

Supplies Needed:

- Cardstock or construction paper (1 per child)
- Markers or crayons
- Ruler (optional, for neat arrows)
- Glue sticks or tape
- Scissors



TEACHER: Athletes follow training signs and coaches' directions to stay on track. God gives us something even better—His Word—to guide our steps. Today we're going to make a **Trail Sign Poster** to remind us that the Bible shows us the way.

How to Make It:

1. Give each child a piece of cardstock or construction paper.
2. Draw a simple signpost with two or three arrows pointing in different directions.
3. On one arrow, write: "God's Word Guides" (the badge phrase for this week).
4. On the other arrows, kids can write reminders like "Read the Bible," "Follow Jesus," or "Pray."
5. Color and decorate the signpost with crayons or markers.
6. (Optional) Add grass, snow, or mountains in the background for a "Winter Games trail" look.

Debrief: This sign reminds us that God's Word points the way. When we read and follow it, we stay on the right path with Jesus.



Week 3 – Teamwork Wins: Encouraging One Another

- Bible Story: Two are better than one (Ecclesiastes 4:9-10)
- Key Discovery: God designed us to run together.
- Takeaway: I can always: Encourage a teammate and ask for help.

Video Bible Stories: Use this link to access recommended Bible story videos and bonus content for this curriculum series. <https://linktr.ee/WinterGamesLessons>

Parent Connect: Print extra copies of this overview page to share with the families in your ministry.



Week 3 - Supply List

Group Game: Team Balance Challenge

- Small balls, beanbags, or balled-up socks (1 per pair of kids)
- Open space for movement

Object Lesson: Heavy Bag Lift

- Backpack or tote bag
- Heavy but safe filler (books, water bottles, or other classroom-safe items)

Bible Story

- Bible (for reading John 13:1-17)

Craft Activity: Helping Hands Collage

- Construction paper (various colors)
- Markers or crayons
- Scissors
- Glue sticks or tape
- Large poster board (optional, for group collage)

Word Search & Coloring Page

- Printed word search handouts (provided below, 1 per child)
- Printed coloring page (provided below, 1 per child)
- Crayons or colored pencils



Introduction Game (5 minutes)

Team Balance Challenge

Supplies Needed:

- Small balls, beanbags, or balled-up socks (1 per pair of kids)
- Open space for movement

TEACHER: In the Winter Games, athletes compete together as a team. Today's Bible story shows us that Jesus gave us the best example—He served His friends. Let's play a game where you'll have to work together to succeed!

How to Play:

1. Divide kids into pairs.
2. Give each pair a ball or beanbag.
3. Have them stand side by side and balance the object between their shoulders, hips, or backs.
4. On your signal, pairs carefully walk or shuffle across the room to a finish line without dropping the object.
5. If it falls, they pick it up, reset, and keep going.
6. Switch up the balancing position (shoulders, elbows, knees) for more fun rounds.

Debrief: That was tricky! You had to depend on each other and work together. Serving others is like that—Jesus showed us how to put others first, and when we do, we grow stronger as a team.

Object Lesson (5 minutes)

Heavy Bag Lift

Supplies Needed:

- Backpack or tote bag
- Heavy but safe filler (books, water bottles, or other classroom-safe items)

TEACHER:

Hold up the backpack.

This bag looks pretty normal, but I've filled it with some heavy stuff. Let's see if I can lift it all by myself. Wow, that's hard! Now I'm going to ask a friend to help me.

Invite a child to grab the other strap and lift together.

That was so much easier with help!

The Bible says in Ecclesiastes 4:9–10: "Two are better than one... If either of them falls down, one can help the other up." God didn't design us to do life alone. He gave us friends, family, and teammates in the church to encourage us and help us when things are difficult.

Debrief: Just like lifting the backpack was easier with help, life is better when we encourage and support each other. God made us to run His race together.



Bible Story (15 minutes)

Two are better than one (Ecclesiastes 4:9–10)

Key Discovery: God designed us to run together.

Takeaway: I can always: Encourage a teammate and ask for help.

TEACHER: Have you ever watched a Winter Games event like figure skating pairs, bobsled, or hockey? Athletes work together as a team. They encourage each other and share the load. The Bible says that life with God is like that too—we're not meant to run the race alone.

The book of Ecclesiastes is full of wisdom about life. In chapter 4, Solomon explains why having a partner or friend is better than going alone. Two people can help each other succeed, lift each other up, and stay warm and safe. That's also how the church works—when we encourage one another, we grow stronger together.

READ (NIV): Ecclesiastes 4:9

“Two are better than one, because they have a good return for their labor.”

When two people work together, they accomplish more. Just like in a relay or team event, teamwork makes the effort easier and more successful.

READ (NIV): Ecclesiastes 4:10 “If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.”

If you fall while running alone, you might stay down. But with a friend, you've got someone to pick you up. God designed us to help each other when life gets tough.



READ (NIV): Ecclesiastes 4:12 (supporting verse) “Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.”

Two are strong, but three are even stronger—especially when God is at the center. When we stick together with Jesus, we’re unbreakable.

Summary: Life is like a team event. God calls us to encourage each other, pick each other up, and run His race together.

Gospel Connection: Jesus didn’t just serve His disciples—He gave His life for us. He calls us to follow His example by serving others with love. And with Him as our strength, we never run alone.







Discussion Questions & Prayer (5-10 minutes)

TEACHER: Today we learned that God didn't design us to run life's race alone. The Bible says, "Two are better than one... If either of them falls down, one can help the other up." Let's talk about how we can live that out.

Discussion Questions:

1. Why does the Bible say two are better than one?
2. Can you think of a time when someone helped you—or when you helped someone else?
3. How can you encourage or serve a friend this week?

Prayer Time:

- Invite kids to share prayer requests, especially ways they want to be better friends or teammates.

"God, thank You for giving us friends and family who help us when we fall. Thank You for showing us that we're stronger together. Help us to encourage each other and follow Jesus' example of serving with love. Amen."



Word Search Puzzle

BASIN – DISCIPLES – FEET – JESUS – LORD – LOVE

SERVE – SERVANT – SOAP – TABLE – TOWEL – WATER – WASH

K	F	M	D	U	D	Z	K	F	J	W
T	H	R	K	B	A	S	I	N	M	W
J	O	X	V	F	U	E	M	W	M	A
L	W	W	T	S	E	R	V	A	N	T
Q	I	B	E	P	E	E	K	S	S	E
S	V	J	R	L	E	R	T	H	I	R
O	O	N	B	S	C	N	V	L	Y	G
K	Z	A	F	P	P	N	U	E	E	M
I	T	R	P	N	O	U	X	V	G	H
U	W	L	F	S	H	P	O	N	F	N
D	I	S	C	I	P	L	E	S	T	X



Word Search Answers

K F M D U D Z K F J W
T H R K B A S I N M W
J O X V F U E M W M A
L W W T S E R V A N T
Q I B E P E E K S S E
S V J R L E R T H I R
O O N B S C N V L Y G
K Z A F P P N U E E M
I T R P N O U X V G H
U W L F S H P O N F N
D I S C I P L E S T X

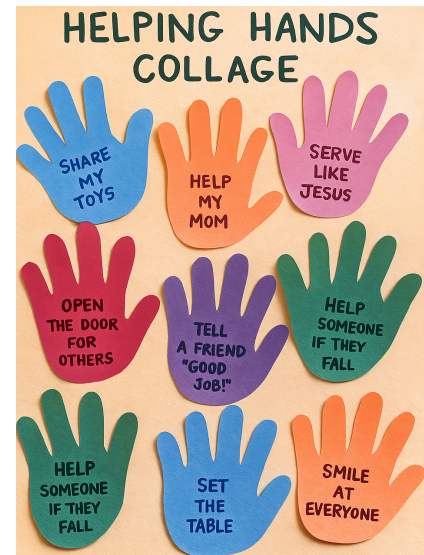


Craft Activity (5-10 minutes)

Helping Hands Collage

Supplies Needed:

- Construction paper (various colors)
- Markers or crayons
- Scissors
- Glue sticks or tape
- Large poster board (optional, if making a group collage)



TEACHER: Today we learned that Jesus gave us the ultimate example—He served His disciples by washing their feet. He told us to serve one another too. To remind us, we’re going to make a Helping Hands Collage.

How to Make It:

1. Give each child a piece of construction paper. Have them trace one of their hands and cut it out.
2. On the palm of the handprint, ask them to write one way they can serve someone this week (example: “Help my mom,” “Share with a friend,” “Encourage someone”).
3. Option A: Each child takes their handprint home as a reminder.
4. Option B (group): Glue all the hands onto a big poster board to make one large “Helping Hands Collage” for the classroom.

Debrief: Every handprint shows a way we can serve. When we put them together, it shows the power of a whole team serving like Jesus.





Week 4 – The Winner’s Crown: Keeping the Faith

- Bible Story: Finish the race, keep the faith (2 Timothy 4:7-8)
- Key Discovery: Finishing with Jesus is the greatest prize.
- Takeaway: I can always: Keep trusting Jesus when it’s hard, knowing He rewards faithfulness.

Video Bible Stories: Use this link to access recommended Bible story videos and bonus content for this curriculum series. <https://linktr.ee/WinterGamesLessons>

Parent Connect: Print extra copies of this overview page to share with the families in your ministry.



Week 4 - Supply List

Group Game: Endurance Challenge

- Open space for movement
- Stopwatch or timer (optional)

Object Lesson: Finish Line Tape

- Long strip of paper, ribbon, or crepe streamer (finish line tape)
- Open space for a child to run through

Bible Story

- Bible (for reading 2 Timothy 4:7-8)

Craft Activity: Crown of Life Craft

- Strips of yellow or gold construction paper (2-3 per child)
- Tape or stapler
- Markers or crayons
- Stickers, gems, or star cutouts (optional)
- Scissors

Word Search & Coloring Page

- Printed word search handouts (provided below, 1 per child)
- Printed coloring page (provided below, 1 per child)
- Crayons or colored pencils



Introduction Game (5 minutes)

Endurance Challenge

Supplies Needed:

- Open space for standing and moving
- Stopwatch or timer (optional)

TEACHER: At the Winter Games, athletes have to keep going even when they feel tired. That's called *endurance*. In today's Bible story, Paul talks about finishing the race of faith strong. Let's test our endurance with a fun challenge!

How to Play:

1. Have all kids spread out so they have space.
2. Explain that you'll call out a pose for them to hold as long as possible.
 - Examples: stand on one leg like a flamingo, hold arms straight out, squat low, or balance on tiptoes.
3. When you say "Go," kids hold the pose.
4. See who can last the longest. Use a stopwatch or count out loud.
5. After a round, let everyone rest and then try a new pose.
6. Play a few different endurance challenges.

Debrief: That was tough! Your muscles probably got tired, but you didn't give up right away. The Bible says that following Jesus is like a race—we keep going, even when it's hard. And the best part? Jesus gives us strength to finish, and at the end, He promises us the crown of life!

Object Lesson (5 minutes)

Finish Line Tape

Supplies Needed:

- Long strip of paper, ribbon, or crepe streamer (to use as finish line tape)
- Open space for a child to run through

TEACHER:

Stretch the paper/ribbon across the front like a finish line.

Every race has a finish line. Athletes train for years just to cross it and celebrate. The Apostle Paul wrote in **2 Timothy 4:7–8**, “I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness.”

Choose a volunteer to run across the room and break through the tape.

That’s what it feels like to finish! Paul said that following Jesus is like running a race. It’s not always easy, but the most important thing is to keep going—to keep trusting Jesus. And when we finish, God has an eternal reward for us that’s better than any medal.

Debrief: Crossing the finish line is exciting—but the real prize is being with Jesus forever. He gives us the strength to keep running and to finish strong.



Bible Story (15 minutes)

Finish the race, keep the faith (2 Timothy 4:7–8)

Key Discovery: Finishing with Jesus is the greatest prize.

Takeaway: I can always: Keep trusting Jesus when it's hard, knowing He rewards faithfulness.

TEACHER: Have you ever watched athletes cross the finish line and celebrate their victory? They train for years just for that one moment. In today's story, Paul talks about the finish line of his own life—not winning a gold medal, but finishing strong with Jesus.

Paul wrote his final letter to Timothy from prison. He knew his life was almost over, but instead of being sad, he was full of hope. Paul had spent his life sharing Jesus, and now he looked forward to the prize God promised him: the crown of righteousness.

READ (NIV): 2 Timothy 4:7

“I have fought the good fight, I have finished the race, I have kept the faith.”

Paul compared his life to a race. He didn't quit, even when it got hard. He kept trusting Jesus all the way.

READ (NIV): 2 Timothy 4:8a “Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day—”



Athletes get medals or trophies, but Paul looked forward to something better: God's crown of righteousness, His reward for finishing with faith.

READ (NIV): 2 Timothy 4:8b “—and not only to me, but also to all who have longed for his appearing.”

Paul's reward wasn't just for him. It's for everyone who follows Jesus and doesn't give up. That includes us!

Summary: Paul lived his life like a race for Jesus. He finished strong, and God promised him a crown. If we keep trusting Jesus, we'll share in His victory too.

Gospel Connection: Jesus already won the greatest victory—through His death and resurrection. Because of Him, we can finish the race of faith and look forward to eternal life with Him. The finish line isn't the end—it's the beginning of forever with Jesus.







Discussion Questions & Prayer (5-10 minutes)

TEACHER: Today we learned that Paul finished his race of faith strong. He kept trusting Jesus, and God promised him a crown of righteousness. We can also finish the race when we keep our eyes on Jesus.

Discussion Questions :

1. What did Paul mean when he said, "I have finished the race"?
2. What kind of "crown" did Paul say God gives His people?
3. How can we keep following Jesus, even when life gets hard?

Prayer Time:

- Invite kids to share prayer requests—especially things that feel hard or make it difficult to follow Jesus.

"God, thank You for Paul's example of finishing the race strong. Help us to keep trusting You, even when it's hard. Thank You for Jesus, who gives us the strength to finish and the reward of eternal life with You. Amen."



Word Search Puzzle

CROWN – ENDURE – FAITH – FINISH – FIGHT – GOD – JESUS

LORD – PAUL – PRIZE – RACE – RUN – VICTORY

J	U	C	V	P	A	U	L	J	C	M
J	P	R	G	E	H	T	N	O	H	J
M	H	O	M	S	E	U	D	Y	R	L
V	B	W	I	O	R	U	Z	J	Q	D
P	I	N	I	L	A	H	Q	E	Q	B
L	I	C	R	J	C	Y	F	S	P	S
F	A	I	T	H	E	N	D	U	R	E
O	I	C	Q	O	C	X	G	S	I	Z
T	J	G	O	D	R	Z	G	D	Z	T
Z	R	Q	H	X	U	Y	A	V	E	S
N	D	X	I	T	P	O	S	W	R	D



Word Search Answers

J U C V P A U L J C M
J P R G E H T N O H J
M H O M S E U D Y R L
V B W I O R U Z J Q D
P I N I L A H Q E Q B
L I C R J C Y F S P S
F A I T H E N D U R E
O I C Q O C X G S I Z
T J G O D R Z G D Z T
Z R Q H X U Y A V E S
N D X I T P O S W R D



Craft Activity (5-10 minutes)

Crown of Life

Supplies Needed:

- Strips of yellow or gold construction paper (2–3 per child)
- Tape or stapler (to connect strips into a crown)
- Markers or crayons
- Stickers, gems, or star cutouts (optional for decoration)
- Scissors



TEACHER: Today we learned that Paul said he finished the race and looked forward to the crown of righteousness from God. Athletes win medals, but God gives His children a crown of life that lasts forever. Let's make a Crown of Life to remind us of that promise.

How to Make It:

1. Give each child 2–3 strips of yellow or gold paper.
2. Help them tape or staple the strips into a circle to fit their head.
3. Let kids cut points along the top to make the crown shape.
4. Across the front, write: "Finish with Jesus" (badge phrase).
5. Decorate with colors, stickers, or gems.

Debrief: This crown is a reminder of the real reward—eternal life with Jesus. We don't run for trophies or medals that fade, but for the prize that lasts forever.