

To our Kids Church parents,

Today, we're starting a new series based on Hebrews 12:1-2 with an Olympic theme. If you spend time watching the Olympics together as a family, it would be great to compare and contrast the Olympic events to the Christian life. Look out for endurance, focus and discipline and discuss how these things are also required for the Christian life!

If you can make your "encouragement banners" before morning church zoom, you might like to hold them up to your camera at an appropriate time during the service. Be encouraging but don't be distracting!

Parents should read through Hebrews 12:1-2 and the surrounding context to prepare.

### Do you need a Bible?

Do you need a new Bible to read with your children at home? Please let us know and we can arrange home delivery or you can pick up from a safe place!

### Timing for the morning

Here is the suggested timing for the morning. Don't worry if things take shorter or longer, it's just a guide. You'll need to adapt the program depending on the age of your children.

Time (approx.)	Activity
3 mins	Welcome + prayer
7 mins	Opening activity
3 mins	Song
4 mins	Watch teaching video
8 mins	Family chat
3 mins	Prayer
12 mins	Craft
Total time: 40 minutes	

In Christ,

Kevin and the Kids Church team

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### 1. Welcome + prayer

- This is a good opportunity to remind one another that what you are doing is important. An adult or child should open your time together by praying.

### 2. Opening activity

- Organise a race for your family. Before you start, discuss how the race starts, how the race ends and any rules required for the race. You may need to be creative in the type of race you choose depending on how much space you have available. Here are some ideas:
  - A running race (requires a lot of space)
  - Race up and/or down the stairs (perhaps use the common stairs if you live in an apartment).
  - A race where you have to crawl across the carpet
  - A race to complete 10 star jumps

### 3. Song

- The song this week is 'God is Good' by Quiz Worx. Please check out [www.snac.org.au/kidsathome](http://www.snac.org.au/kidsathome) to remind yourself of the actions. You'll also find the lyrics and some links to play the song online.

### 4. Watch the teaching video

- Watch the teaching video together. You can watch or download it at [www.snac.org.au/kidsathome](http://www.snac.org.au/kidsathome)
- It's always best if you can watch the video beforehand as part of your preparation.

### 5. Family chat

Here are some suggested questions to chat about. You may need to adapt them depending on the ages of your children. You could also talk about some of the questions while you do craft. We've also included some suggested answers in brackets. These are not meant to be the 'correct answer' but hopefully a guide to help you in your preparation.

#### Read Hebrews 12:1-2

- **What do these verses encourage us to do?**
  - [Throw off sin, keep running the race, look to Jesus]

#### Think it through:

- **Should we expect the Christian life to be easy or hard? Give reasons for your answer.**
- **What might stop you from "running the race"?**
- **What would help you to keep "running the race"?**

#### Encouragement:

- **Who encourages you in your Christian life?**
- **Who is someone you could encourage in their Christian life?**

## 6. Prayer

- Give thanks for Jesus and that we can be part of God's family. Pray that we would keep running the race. Pray that we would be an encouragement to others.

## 7. Craft

- At sporting events, people often hold "banners" to encourage their team. Here is an example ----->
- This may be helpful but how much more important that we encourage each other as Christians! Design your own banner that encourages Christians to keep running the race. Here are some ideas:
  - "Keep running the race"
  - "Keep following Jesus"
  - "Look to Jesus"



- If you finish your banner before the morning church zoom, you might like to hold it up to your camera at an appropriate time during the service. Be encouraging but don't be distracting!



## 8. Morning tea

- Share some food together to celebrate the end of Kids Church.