



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 poor 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.

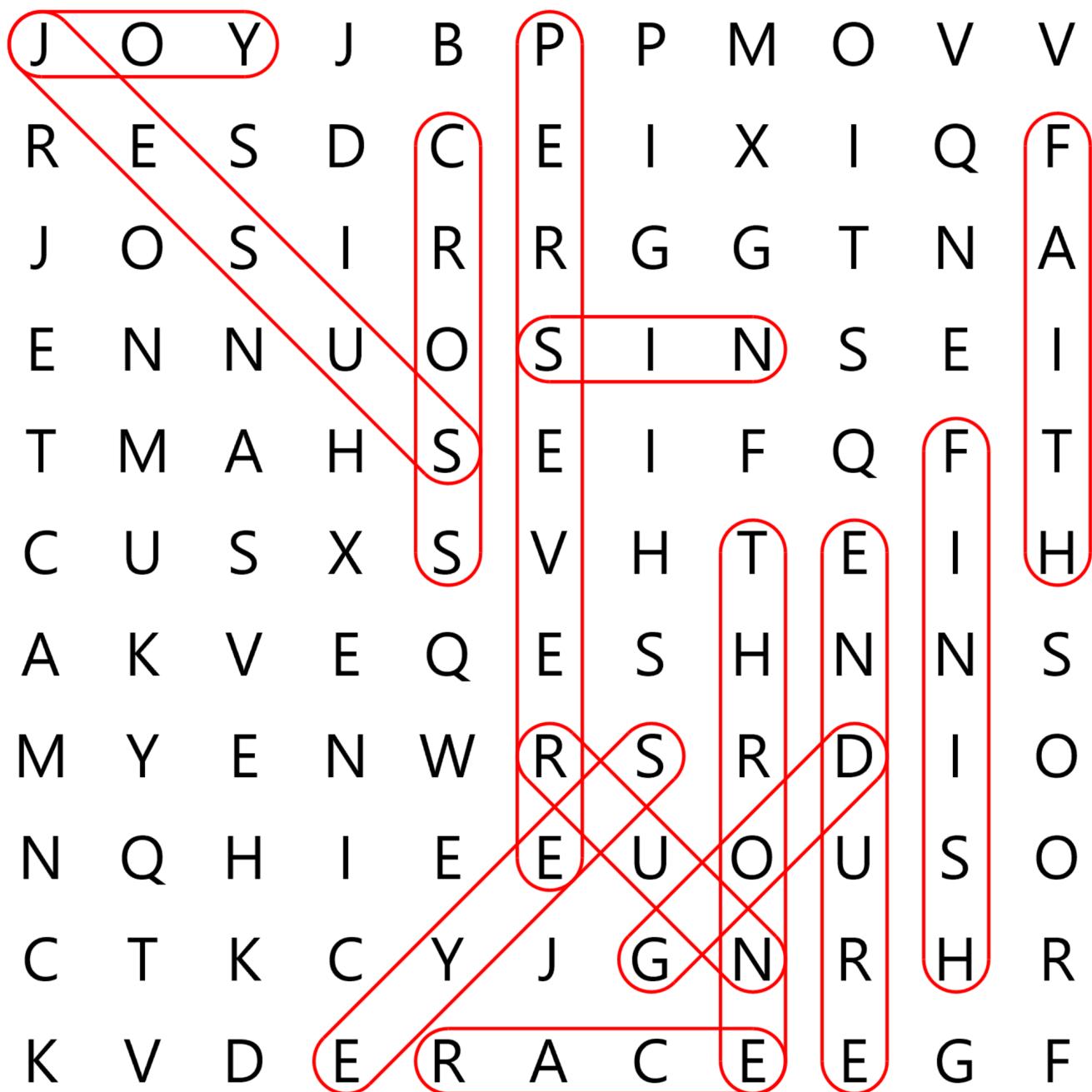
Word Search Puzzle

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.