



Week 1 – Jesus Calls Me to Follow Him!

- 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.

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

Week 1 – Supply List

Arrival & Guided Play

- Toy torch (paper cone + tissue “flame”)
- Building blocks
- Stuffed animals or toy animals
- Scarves or ribbons for waving
- Small handheld mirror

Group Game – Follow the Leader

- Open play space (no supplies needed)

Bible Story

- Printed picture of a runner starting the race
- Printed picture of a runner keeping eyes on the finish line
- Printed picture of a runner crossing the finish line with joy

Craft – Race Medal Necklace

- Paper circles (4–5 inches wide)
- Crayons or markers
- Stickers (optional)
- Hole punch
- Yarn or ribbon

Coloring Page and Activity Sheet

- Printed coloring page (1 per child)
- Crayons



Arrival and Guided Play (5-10 minutes)

This week's focus is learning that Jesus calls me to follow Him. Introduce this idea simply and playfully using toys and activities. This flexible time helps everyone get settled into the classroom and ready for the day's lesson.

- **Toy Torch** – Let's pass the torch to each other like a team! Jesus calls us to be on His team and follow Him together.
- **Building Blocks** – Let's build a race track or path with these blocks. Jesus shows us the way to run the race with Him.
- **Stuffed Animals** – Let's line up our animal friends and cheer them on as they "race." Jesus cheers for us and calls us to follow Him.
- **Scarves or Ribbons** – Let's wave our scarves high and pretend to run in a race together. Jesus says "Follow Me!"
- **Mirror** – Look in the mirror and say "Eyes on Jesus!" with a big smile. We keep our eyes on Jesus as we follow Him.

After the children have arrived, gather everyone together.

TEACHER: Let's clean up our toys and come sit in a circle to play a game together!



Group Game (5 minutes) Follow the Leader

Setup: Clear an open space for children to line up behind the leader.

TEACHER: Let's play Follow the Leader! I'll go first.

(March in place. Then change to hopping, tiptoeing, or running slowly.)

Everyone follow me and do what I do.

(Pause and smile as the children copy you.)

Now, who wants to be the leader?

(Pick a child to lead the group. Encourage others to take turns.)

As we follow each leader, remember the most important leader we follow is Jesus.

He calls us to run His race and keep our eyes on Him. Say with me: Eyes on Jesus!



Bible Story (10 minutes)

Run the race, Eyes on Jesus (Hebrews 12:1-2)

Main Idea: Jesus calls me to follow Him

Summary: Jesus is the goal; He calls me into His race. I can always fix my eyes on Jesus and take my next step with Him

SUPPLIES:

- Printed picture of a runner starting the race
- Printed picture of a runner crossing the finish line with joy

TEACHER: Today's Bible story tells us about a race. (Pretend to run in place.) Have you ever seen people run a race? They go fast to reach the finish line! The Bible says we have a race too. But it's not about running on a track. It's about following Jesus every day.

(Show the class the picture of a runner starting the race.)

Look! The runner is ready. Just like runners get ready, Jesus calls us to get ready and follow Him.

Runners look straight at the finish line. They don't look down or around. We keep our eyes on Jesus. He is the one we follow! Say it with me: Eyes on Jesus!

(Show the class the picture of a runner crossing the finish line with joy.)



The runner made it to the end! When we follow Jesus, He helps us keep going. Jesus promises to be with us all the way. He gives us the prize of being with Him forever. That makes us so happy! Let's cheer: Go Team Jesus!

PRAYER TIME:

Let's talk to God together. You can repeat after me.

Dear God

Thank You for Jesus

Thank You that He calls me to follow Him

Help me keep my eyes on Jesus

Every day, step by step

In Jesus Name, Amen.





Run the Race, Eyes on Jesus



Craft (10 minutes)

Race Medal

SUPPLIES NEEDED:

- Paper circles (pre-cut into medal shapes, about 4–5 inches wide)
- Crayons or markers
- Stickers (optional)
- Hole punch
- Yarn or ribbon (pre-cut lengths, one per child)



TEACHER: Today we're going to make our own race medals!

(Hold up a paper circle.)

This is like the medal runners get when they finish a race. You can color your medal any way you like.

(Give each child a circle and crayons.)

Add bright colors and even stickers if you want!

(After they finish coloring, punch a hole in the top of each medal and help string yarn through.)

Now you can wear your medal around your neck! When you wear it, remember that Jesus calls you to follow Him every day, step by step.



Name: _____



Week 1: Jesus Calls Me to Follow Him!

Follow the correct number sequence to help the kid find the finish line.

3	8	2	START 1				
9	4	3	6				
2	5	6	7			4	5
7	8	1	8			2	6
			10	9	8	7	
			2	1	3	4	

