



## Week 2 – The Training Plan: God’s Word

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- 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

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## **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

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### 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

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#### **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)

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**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)

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**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

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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

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

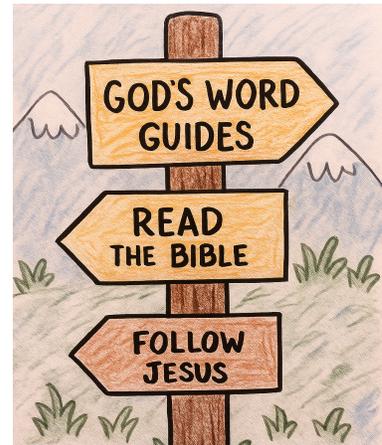


# Craft Activity (5-10 minutes)

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## 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.