



Christian Olympics



1st & 2nd Grade
Student Workbook

The apostle Paul said that the Christian life is like running in a race. In this lesson, we will answer the questions, what is the Christian race and who is to run in it? We will also discuss how to prepare, how to run, what happens if you fall down, and what happens when you win.



Did you know?

Every game has people who:

- Set the rules
- Compete in the game
- Judge the competition
- Give the prize

Who do you think does these in the Christian race?

Christian Olympics

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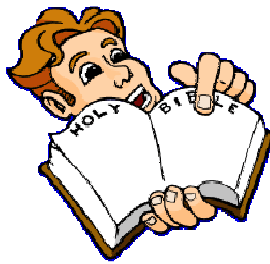
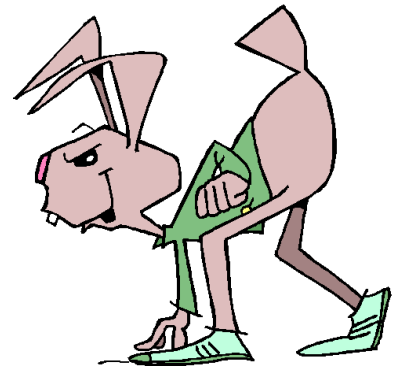
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Get Ready! Get Set!

Are you ready to win the race? Are you sure? To win we must learn what the rules are, practice following the rules, and be ready for the start. That's called, preparing for the race.

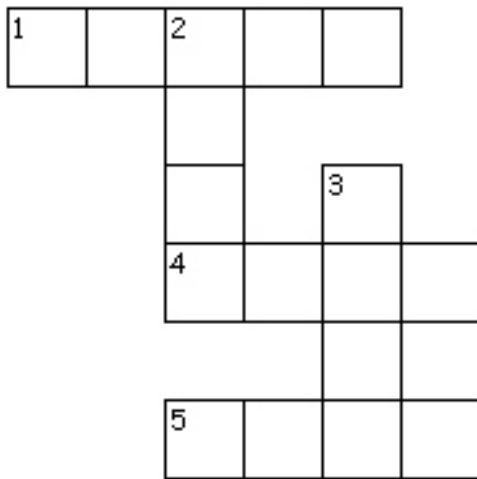
Preparing for the Christian race is no different. What will happen if we are not prepared to run the race?



What do we need to do to be prepared?

- ❖ Know the Rules
- ❖ Be Ready to Start

Play By the Rules!



Across

1. If you love [Jesus or Satan] you will keep His commandments. John 14:15-23
4. We should think about [good or fair] things. Phil 4:8
5. Children should [sass or obey] their parents. Ephesians 6:1

Down

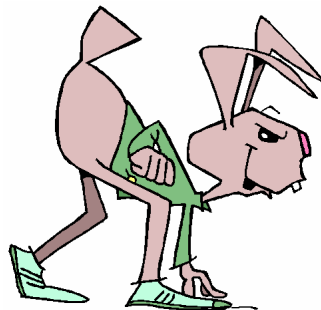
2. God wants us to [play or sing] to Him. Ephesians 5:19
3. We should [hate or love] each other. 1 Peter 1:22

And also if anyone competes in athletics, he is _____ unless he competes according to the _____. 2 Timothy 2:5



Which Are Ready to Run?

Draw a circle around the runners who are in their starting positions. Draw an X through those who are not ready.





Run to Win

Do you want to win? The apostle Paul gives us some good advice on how to run the Christian race in a way that we can win.

1. We are not to run with _____. (1 Corinthians 9:26)
2. We should discipline our _____ and bring them into subjection (1 Corinthians 9:27).
3. We shouldn't carry a lot of _____ (Hebrews 12:1).
4. We are to run with _____ (Hebrews 12:1).
5. We are to look to _____ (Hebrews 12:2).
6. We are to continue to press toward the _____ (Philippians 3:14).

bodies	Jesus	weight
goal	doubt	endurance





Good Attitude, Bad Attitude

Does it Matter?



Attitude is what's inside you that makes you act a certain way. When Mommy or Daddy asks us to do something and we say, "no", that shows we have a bad attitude? If we have a good attitude, we will say "yes".

Twelve spies were sent to Canaan to spy out the land (Numbers 13-14). Ten of the twelve had a bad attitude. They didn't think Israel could win. Only Joshua and Caleb believed that Israel could win with God's help. Who received the reward and who did not?

Here are some simple rules to get our attitudes right so we can win the race:

- ❖ **No Complaining!**
- ❖ **No Blaming Others!**
- ❖ **No Shortcuts!**
- ❖ **No Pouting!**
- ❖ **No Excuses!**

Just Do It!

Match the person or persons with their attitudes:

- | | |
|--------------|---|
| 1. Jonah | A. Complained and was not thankful for what God did. |
| 2. Moses | B. Tried to remove the parts of God's rules he didn't want to follow. |
| 3. Jehoiakim | C. Blamed someone else when he did something bad. |
| 4. Israel | D. Made excuses to not obey God. |
| 5. Adam | E. Pouted when God did something he didn't like. |



Find The Words

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

Find and circle the following words in the puzzle above.



ADAM	EXCUSE	POUT
BURN	ISRAEL	REWARD
CALEB	JONAH	
CANAAN	MOSES	



Quitters Never Win

Some people never get around to doing important things. These people are called "procrastinators". Other people start lots of things and never finish any of them. This is because they are not focused on any one goal. In 2 Timothy 4:9-10, Paul speaks of Demas as one who didn't finish his work. Demas gave up. Paul says that Demas loved the world. Paul gave directions on how we can win. Demas didn't follow Paul's directions.

Paul speaks about finishing the spiritual race in 2 Timothy 4:7,

"I have fought the good fight, I have finished the race, I have kept the faith. Finally, there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will give to me on that Day, and not to me only but also to all who have loved His appearing."

We are warned in the Bible to watch out and don't let anything keep us from our race. How sad to be like Demas and be so close but to not finish and lose your reward in heaven with God.

Almost, But Lost

Distance runner Mary Decker Slaney ruled U.S. track and field in the early 1980s. Despite her successes, she is best remembered for failing to finish a race that should have been a shining moment in her career.

At the 1984 Olympic Games, Slaney, who held seven records, was expected to win the gold medal in the 3,000 meters. In the middle of the race, Decker tripped and fell down on her hands and knees. She rolled to the infield of the track and cried out in pain. With the only energy she had, she limped off to the showers. If she had gotten back up, she might have still received a medal.

Don't be a "Demas"

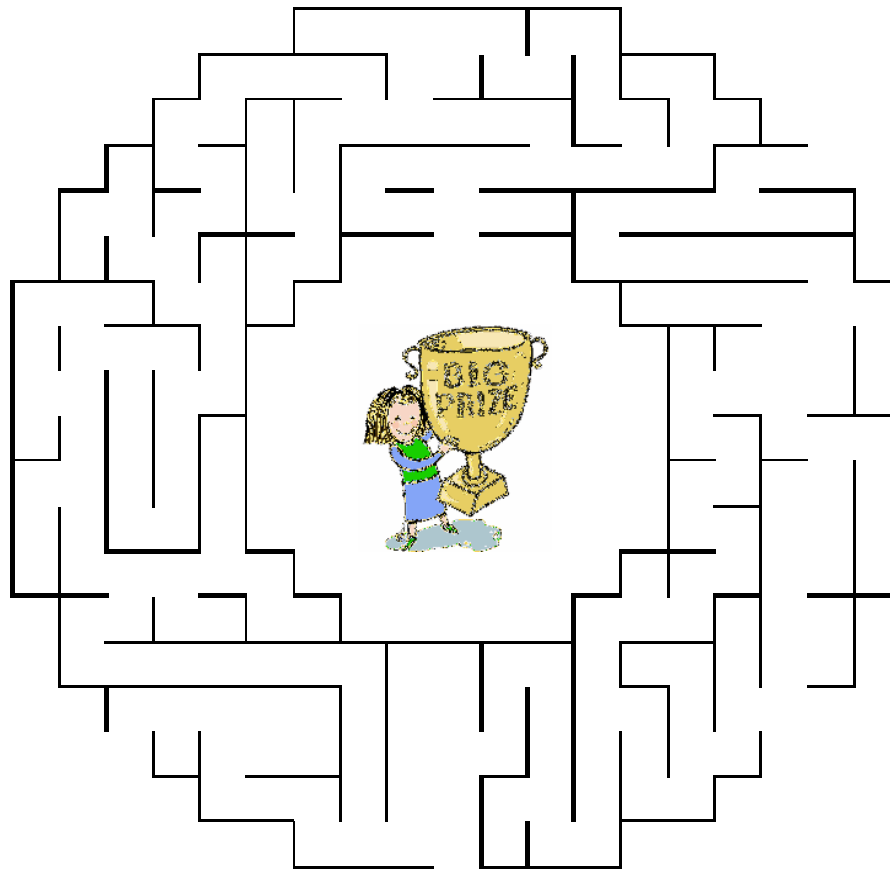




Overcome Satan's obstacles. Be a

Hurdle Jumper

Help Joey get to his prize.



**You ran well. Who hindered you from obeying the truth?
Galatians 5:7**



Improbable Success

■ Tom Dempsey was born with no right hand and no toes on his right foot! He wore a special shoe that made his foot look like a hammer.

■ Despite this handicap, Tom Dempsey became the kicker for five different football teams.



RECEIVE YOUR PRIZE

In most races, there is only one first place winner. This can be sad for those who work hard but do not win. The Christian race is very different: each person is rewarded by God based on his own works.

To whom does God give the prize? (Hebrews 11:6)

What is our prize? (1 Corinthians 9:25) _____

How long must we run to receive our prize?
(Revelation 2:10)

Who will come and give the prizes? (Matthew 16:27)





Receiving Our Reward

Jesus instructs us on some of the ways we must run to receive our reward. Read Luke 6:23, Matthew 5:11-12, Luke 6:35, and Matthew 6:1-18. Circle the "T" if the sentence is true or the "F" if the sentence is false.

- T or F If people are mean to you and lie about you for Jesus' sake, you will have a great reward in heaven.
- T or F If you love your friends and hate your enemies, you will have a great reward.
- T or F We are to do good things so others will see us and think we are good people.
- T or F God rewards us when we do good deeds secretly.





What Did You Learn?



Each person is doing something from our lesson today. Draw a line from the picture to the word that describes what each person is doing?



Not letting anything stop him



Finishing a race



Being ready



Building up strength to run



Running a race