



Crofton
Church of England

Born To Run

WELCOME TO OUR NEW SERIES

Through this autumn, our teaching series will be 'Born To Run', drawing on the NT's frequent use of running imagery to describe life in Christ. The series will be 'Couch to 5k' Christianity, looking at the essentials of following Jesus, appropriate for this season in which each of us needs the skills to grow spiritually for ourselves.

IN SEPTEMBER OUR THEMES WILL BE:

Sep 6 (Gen2Gen) -The Multi-Generational Relay.

Judges 2.6-13

Sep 13 - The Human Race. All of us run for a prize - what's yours?

Hebrews 12.1-3

Sep 20 - Run for your Life. Defining discipleship.

John 15.1-8

Sep 27 - The Track Coach. The Holy Spirit and the presence of God.

John 14.15-27





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THE MULTI- GENERATIONAL RELAY

Sept 6 - Generation to Generation Sunday
Judges 2:6-13

The second generation after Joshua forsook God and so the following generation had no knowledge of God. How can we pass on the baton of faith?

QUESTIONS TO ASK:

Have you ever taken part in a relay race? What was it like?

What are some of the reasons a team member might drop the baton in a race?

What are some of the ways we can pass on our faith to the next generation?

ACTIVITY:

You will need a 'baton'. This can be anything: a rolled up newspaper, a Bible, or a toy.

Stand in a line at home or in your stream in your household or social bubble.

The person on one end of the line starts with the baton. How quickly can you pass it down the line? Teams can race each other if you're meeting in your stream!

PRAYER:

Dear God, help us to be people that know how to pass on our love for you to other people. Help me to pass on my love for you to...(insert name of someone you know). Amen.





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THE HUMAN RACE

Sept 13 - Hebrews 12:1-3

Everyone has hopes and dreams for their life. In the modern world, our hopes and dreams are often fixed on material things - jobs, relationships, wealth, health. Yet, the Bible tells us of a different hope for humanity - that we can reconnect with our Creator God.

QUESTIONS TO ASK:

Kids, ask a grown-up for an example of when they persevered or didn't give up. Can you think of a time when you didn't give up?

ACTIVITY:

At home or in your stream, try and do a tricky but safe exercise. This could be standing on one leg or sitting on a chair and taking your feet off the ground while taking your body weight on your arms or holding your arms out straight.

Guess how long you can hold that position for then have a go while someone times you.

How did you do? Did you beat your estimated time? Can you improve on your time?

PRAYER:

Lord God, thank you for Jesus' example of perseverance. Help me to persevere in...(insert your own idea). Amen.





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RUN FOR YOUR LIFE

Sept 20 - John 15:1-8

Jesus said, 'Remain in me'.

We're called to be WITH Jesus, become LIKE Jesus and DO WHAT Jesus DID. We can do these things as we remain in him like a branch remains plugged into a tree.

QUESTIONS TO ASK:

What do you like eating or drinking after exercise?

What healthy food gives you energy?

ACTIVITY:

Discipleship is 'feeding on Jesus' rather like a branch feeds on the nutrients from the tree trunk and we feed on nutrients from food for our energy and growth.

At home or in your stream, play 'Simon Says' or 'Follow My Leader'. How well can you copy the leader?

Jesus wants us to be so close to him that we live WITH him, are LIKE him and DO LIKE HE DID.

Think of how you would like to spend time with Jesus or live like him or do something as he did this week.

Insert your idea into the prayer below.

PRAYER:

Lord Jesus, thank you that you help us to be like you. Help me this week to..... Amen.





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THE TRACK COACH

Sept 27 - John 14:15-27

John describes the Holy Spirit as our Helper or Advocate, rather like a coach who 'comes alongside' us to advise, encourage and guide us.

QUESTIONS TO ASK:

Kids, ask a grown-up if they ever had a good sports coach or music teacher or acting coach. What made that coach good? What makes a bad coach?

ACTIVITY:

Think of all the different times that you do something alongside someone else. This might be doing the washing up, playing a duet on musical instruments, going on a journey in a car, exercising or something else.

At home or in your stream, take it in turns to think of an action you might do alongside someone else. Mime the action and someone has to stand next to you and copy you. Can they work out what you're doing together?

Is there a particular time this week that you'd like to know the Holy Spirit alongside you?

PRAYER:

Holy Spirit, thank you that you are with us.
May I know you coming alongside me to help me this week.
Amen.

