



Crofton
Church of England

Born To Run

CONTINUING OUR AUTUMN 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.

Oct 4 - Olympian Character

1 Corinthians 9:24-27

Oct 11 - HARVEST FESTIVAL

Oct 18 - The Running Club. Church and Discipleship

John 15:9-17

Oct 25 - Passing the Flame. Triple-A Evangelism

Mark 6:6-13

Nov 1 - The Road Home. Heaven

2 Timothy 4:1-8





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OLYMPIAN CHARACTER

Oct 4th - 1 Corinthians 9: 24-27

Developing Godly character is part of discipleship. It's like training for a race or sports event, or the Olympics.

QUESTIONS TO ASK:

Kids, ask a grown-up if they have ever won a prize for something. This could be for a sports event or an art or poetry or science competition. Was it worth all the hard work they put in? What was their favourite prize and why?

ACTIVITY:

Paul wrote 1 Corinthians. In Paul's time, runners won a crown made of pine or celery that didn't last forever, but Paul says the crown (or prize) that we will receive when we see Jesus will last forever.

At home or in your stream, design a crown for someone in your family or your social bubble. You could use card, stickers, pens and glue. Write a message of encouragement on the crown for them. You might want to use a phrase from the Bible passage.

PRAYER:

Father God, help me to become more like Jesus. Help me to remember that I will one day see him congratulating me on running the race of faith for him! Amen.





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THE RUNNING CLUB

Oct 18th - John 15:9-17

A church is a group of people who are committed to 'Run the Race' together - a bit like a Running Club! How can we support each other as we follow Jesus?

QUESTIONS TO ASK:

Kids, ask a grown-up what they like about church community. Who in the church has influenced them the most in their Christian faith? What about you - who has influenced you the most?

ACTIVITY:

At home or in your stream, write a card or send a text message or email to thank someone in the church who has helped you in your faith or shown you God's love in a particular way that you've valued.

Tell them why what they've said or done has been special for you.

PRAYER:

Lord God, thank you for the joy and blessings of Christian community. Thank you for those who have inspired me. Help me to inspire others today. Amen.





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PASSING ON THE FLAME

Oct 25th - Mark 6:6-13

Inviting others to run the race often seems the most difficult part of following Jesus. Could it be simpler? This week, we're thinking about Triple-A Evangelism.

QUESTIONS TO ASK:

Kids, ask a grown-up who first told them about Jesus. What did that person say or do? How did they say or do it?

ACTIVITY:

Each Olympic year a flame is passed from runner to runner until it lights a big fire to mark the start of the Olympics. At some point, someone passed on the flame of faith to us (they told us about Jesus).

At home or in your stream, think about or draw or write down the ways in which someone told you about or showed you Jesus.

What qualities did they have that you admired and that made you want to follow Jesus?

Ask God to help you share Jesus with others you know in a similar way.

PRAYER:

Lord Jesus, thank you for those who told me about you in a way that really helped me. Help me to share you with others just like they did. Amen.





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THE ROAD HOME

Nov 1st - 2 Timothy 4:1-8

What's beyond the finish line? What comes next? For the first generation of Christians, the hope of heaven was the motivation to run the race with perseverance.

QUESTIONS TO ASK:

Kids, ask a grown-up if they have a memorable race or sporting event they took part in. What happened? Did they win? Lose? Why is it memorable?

ACTIVITY:

Run the race like you mean to finish it!

Below, in no particular order, is a list of actions that might happen as you finish a race. At home or in your stream, take it in turns to do an action or hold a pose. People have to guess what you're doing. You could add your own ideas too.

Receiving a prize - a medal or a trophy.

Cutting the tape (running across the finish line) as you finish a race.

Celebrating completing the race.

Being tired after the race.

Standing on the podium.

Sprinting to the finish line.

PRAYER:

Dear God, help me to run the race of faith with the finishing line in mind. Thank you that I don't run alone, that I have You and the people around me cheering me on! Amen.

