



Christian Olympics



4 and 5 Year Olds
Teacher's Guide

The apostle Paul said that the Christian life is like running in a race. In this lesson, we will discuss being prepared to run, obeying the rules, shining your light when you run, having the right attitude when you run, and finishing the race.



Did you know?

Every game has people who:

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

Who does these in the Christian race?

Christian Olympics

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Christian Olympics Teacher's Guide Ages 4-5

Lesson Introduction

Lesson Text

Have you ever run in a race? Running a race can be exciting, can't it? Did you win? The Bible says that being a Christian is like running a race. Let's learn some more about that race.

Obey the Rules

Key points: We must follow the rules of the game. The Bible is our rule book

Reference text: John 14:15b

Supplies required: A Bible for each child and one for the teacher

Lesson Text

When you play a game, the first thing you must do is learn the rules of the game. What do you think would happen if we did not understand the rules?

[Let the children guess. Help as needed.]

Jesus has a special race for us, and he has rules for us to follow. Can you guess where He put His rules?

[Hold up a Bible]

Right here! In the Bible! Jesus said if we love Him, we will keep His commandments. Jesus' commandments are the rules of the Christian race. We should always look in the Bible to see what Jesus' rules are.

Memory Verse

Have the children memorize, John 14:15: "If you love Me, Keep My commandments"

Singing

Reiterate the importance of following the Bible. Sing the song, "The B-I-B-L-E".

Activity: Bible-May-I

Play **Bible-May-I**. This is a modified version of the children's game Mother-May-I. Have the children each hold a Bible in their hand for this game and line up. The teacher should have an open Bible in hand. Pick things for the children to do. Teach the children to ask, "Bible, may I" before doing the what they hear.

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Get Ready, Get Set

Key points: Be ready to start the race.

Reference text: Matthew 25:1-13

Supplies required: “Which are Ready” handwork (pg 1) and pencil or crayon for each child

Lesson Text

Now we need to get ready for our race. What do you need to do to run in a race? You need to put on your running shoes and line up on the starting line to be ready for the “GO!” signal, don’t you?

Jesus told a story about ten women who were preparing for a special “race”. Each woman needed to have a lamp lit when the groom showed up to go into the wedding party. They didn’t know when the groom would come. Isn’t that like starting a race? We don’t know exactly when the “GO!” signal will be given, but we must be ready! Jesus says that five of the women were wise, and five were foolish. Can you guess which ones were wise? They were the ones who had what they needed to light their lamps and were there waiting when the groom came. Can you guess which ones were foolish? They were the women who ran out of oil for their lamps, so they could not turn on their lights. They had to go to the store to purchase oil. While they were gone, the groom showed up and they were not there. They were not on the starting line! When they returned, the others had already started the party and the doors were shut. They were not allowed in. How sad they must have been to have waited all that time, but because they weren’t prepared, they didn’t get to go to the party!

What do you think would happen if you didn’t have your running shoes on and were not at the starting line when the “GO!” signal was given? Do you think you would be allowed to start the race? For the Christian race, Jesus says we are to put Him on, much like we put our shoes on, to prepare to run. We need to be like the five wise women and be prepared to run Jesus’ special race!

Handwork

Help the children draw circles around the cartoon characters that are ready to run a race and X’s through those that aren’t. If they do not have their shoes on or are doing anything other than being at the starting line, they are not ready!





Let Your Light Shine When You Run

Key points: Jesus said we are to let our lights shine so others can see

Reference text: Matthew 5:16

Supplies required: Toy torch; Torch handwork (pg 2), pencil or crayon for each child; “Christian Olympics” handwork (pg 3), crayons or water paints for each child.

Lesson Text

The Olympic races are always started the torch bearer, who runs with the torch and lights the fire so all can see. [Hold up toy torch]

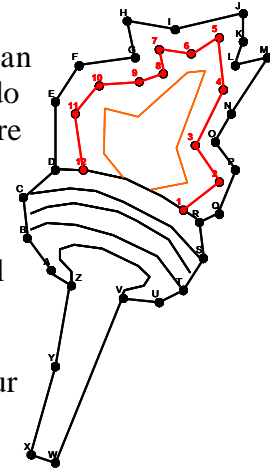
Did you know that we are to be torch bearers for Jesus? One of the things we must do when we run our race is carry our light. Remember in our story, the ten women were to have lamps? Jesus says that it isn't just important to carry our lights. He says when we run, we are to let our lights shine to others can see. The five foolish women didn't do that, did they?

By letting our lights shine, Jesus doesn't mean we are to carry an actual lamp like the ten women did. He means that we should do good things so other people will want to be Christians too. What are some good things we can do?

[Let the children answer. E.g., be kind, help parents, share toys.]

Jesus says we shouldn't hide our light. If we hide our light, will others see? Will they want to be Christians too?

Let's sing a song about letting our lights shine while we run our race.



Activity: Singing About Lights

March around the room while singing the song, “This Little Light of Mine”. Option: have the children make the paper torches on page 10 and use those as they march around the room.

Handwork

Let the children complete the dot-2-dot to create an Olympic torch. There are two puzzles in one: one uses the alphabet and is in black. The other uses numbers and is in red.

Color or paint with water-paints the cartoon picture of a boy carrying an Olympic torch.

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Let your light shine before others.
Matthew 5:16



Have the Right Attitude

Key points: Don't let things get in our way. Have a "can-do" attitude.

Reference text: Matthew 5:10-12, 45; Romans 8:28

Supplies required: Obstacle course handwork (pg 3) with stickers (pg 4) for each child

Lesson Text

Have you ever tried to do something and failed? Perhaps you were trying to jump rope and you tripped. Or walk on the curb, and you fell off. Or maybe what you were doing just wasn't working the way you wanted. Maybe you were trying to put clothes on a doll and you couldn't get them on right. Did you get upset? Did your face get long? [Make a sad face]. Did you cry? [Wipe tears from your eye.] Sometimes in running the Christian race, we are not going to do as well as we want or we may even fall down. If we fall down, what should we do? Should we cry? NO! Should we quit? NO! Then what should we do? We should get UP and start all over again.

Sometimes we get upset because we have to do things we don't want to do. Has your mother ever told you to pick up your toys? Did you complain? [Say, "I don't want to" in a whiny voice. The children might giggle. It's okay to be a little funny as it gets the point across.] Or, how about when one of your friends gets to do something and you don't? Do you say, "that's not fair!". Jesus says that when we run the Christian race, things aren't always going to go the way we want them to go. Sometimes we are going to have to do things we don't want to do. Remember, Jesus said if we love Him, we will do what???. That's right. Keep His commandments. Do you think Jesus is happy when we complain about doing the things He has commanded? If we complain, does that show we love Jesus? Do you think Jesus is happy when whine because we don't get the things we want?

If we are angry and crying, can we do well running a race? No! We would need to stop and blow our noses and wipe away our tears. While we are doing that, others will pass us up. And we might miss an important turn and never finish the race!!! Let's always try to keep the right attitude and show Jesus that we love Him when we run the Christian race.

Handwork

Let the children put the sticker runners on the page. Put the "danger" items in the middle of the race. Talk about how we have to recognize and get around the danger to get to the other side and finish the race.



Let us run with endurance the race that is set before us.
Hebrews 12:1



Finish the Race

Key points: Everyone who finishes the race will receive a prize

Reference text: Revelation 2:10b

Supplies required: Toy crown; maze handwork (pg 5); “Run to Win” handwork (pg 6), crown, and gold ribbon for each child; glue; fireworks rubber stamps, washable ink; Hand or finger puppets and paper crowns for each child.

Lesson Text

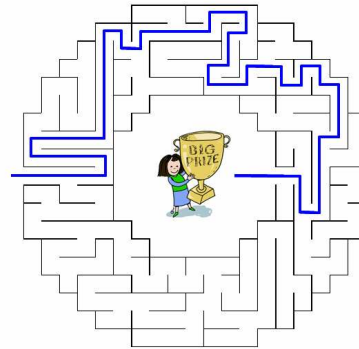
In most races, there are 1st, 2nd, and 3rd places. Those are the only winners. Is it sometimes sad if you run in a race and don't win?

The Bible says that being a Christian is like running in a race, and in a lot of ways, it is. But there is one **BIG** difference. Can you guess what it is? **EVERYONE** who completes the race wins! God says that He will give a special crown to **ALL** who finish the race. Can you imagine that? A special crown!

Help Bobby find the Winner's Circle

[Show the toy crown. Let children take turns trying it on. If you have a Polaroid camera, you might take pictures of the children wearing the crown and allow them to watch the pictures develop.]

The important thing is that we finish the race so we can get our prize.



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Activity: Puppet Race

Let the children have a “race” with puppets. Each child puts a puppet on their hand and makes the puppet race the others to get to a finish line. Have them make the puppets fall down and get up. At the end of the race, each child receives a paper crown.

Handwork

Let the children complete the circle maze to help the Olympic runner get to the winner's circle where the prize is.

Let the children decorate the picture of the child crossing the finish line. Remind the children of the special crown that is our prize as they glue crowns on the head of the runner. Glue gold ribbon on the finishing line ribbon. Let the children use washable ink with stamps to put stars and fireworks in the air to show the celebration when we win. Alternatively you may use stickers.





Review

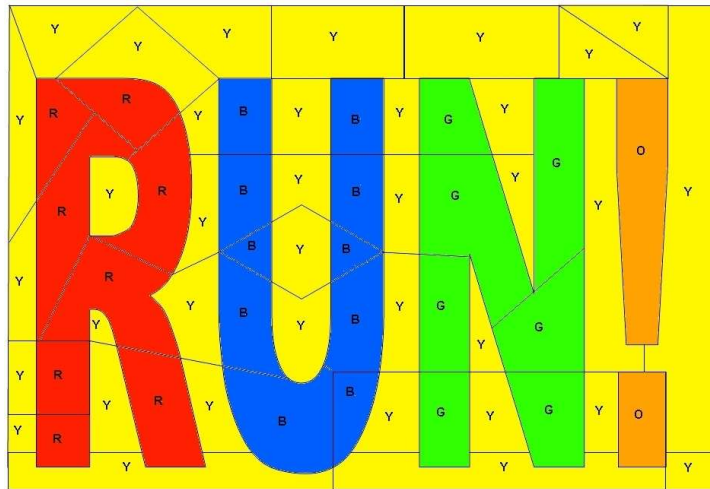
Supplies required: “RUN!” handwork (pg 7) and crayons for each child.

Review the key points with the children while they work on the closing handwork. Thank the children for coming and invite them back next year.

Handwork

Let the children color the page that spells “Run!” This is a color-by-number page. Use the following colors:

R = red
B = blue
G = green
O = orange
Y = yellow








Closing

Close with a prayer. Thank God for the children, and ask Him to help the children as they grow up and run the Christian race.

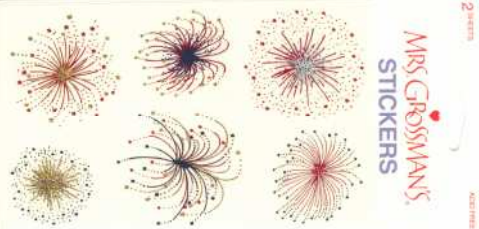




Supplies

The following is a list of needed supplies and suggested sources as of 05/29/2006:

Item	Source
Visual Aid (p4): Toy Torch 	Oriental Trading Company www.orientaltrading.com Item # IN-16/552 Cost: \$2.95 each
Visual Aid (p7): Toy Crown 	Oriental Trading Company www.orientaltrading.com Item # IN-25/867 Cost: \$2.95 each
Handwork (p7): Crowns 	Michaels Arts & Crafts Store Scrapbook section Item: Jolee's By You Item # JJDA009B Cost: \$3.98 each
Handwork (p7): Fireworks Ink Stamps 	1StopSquare.com 1stopsquare.com/american.html Item # c076s, Cost: \$7.50 each Item # a076s, Cost \$4.50 each Or pick up at your local craft store
Handwork (p7): Washable Ink Pads 	Blockheads Paper Arts blockheadstamps.com/ink_washable.html Item: Washable 4 Stamps Cost: \$4.00 each Or pick up at your local craft store



<p>Handwork (p7): Fireworks Stickers (alternative to ink stamps)</p> 	<p>Local craft store Item: Mrs. Grossman's Stickers</p>
<p>Activity (p7): Hand Puppets</p> 	<p>Oriental Trading Company www.orientaltrading.com</p> <p>Item # IN-6/1023 Cost: \$14.95 per dozen</p> <p>(Alternative: Multi-cultural version Item # IN-6/1156 Cost: \$14.95 per dozen)</p>
<p>Prizes (p7): Paper Crowns</p> 	<p>Oriental Trading Company www.orientaltrading.com</p> <p>Item # IN-25/105 Cost: \$2.95 per dozen</p>

(Optional) Paper Torches for "Singing About Lights" (pg 5)

Materials: Empty paper towel rolls, red, orange, and yellow tissue paper, tin foil.

1. Wrap an empty paper towel roll in tin foil.
2. Cut issue paper with jagged edges.
3. Loosely roll the tissue paper together and make a "knot" end.
4. Stuff the knot end of the tissue paper into the paper towel roll.
5. Fluff the jagged edges to make "flames".