



Christian Olympics



3rd & 4th 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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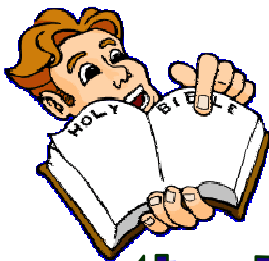
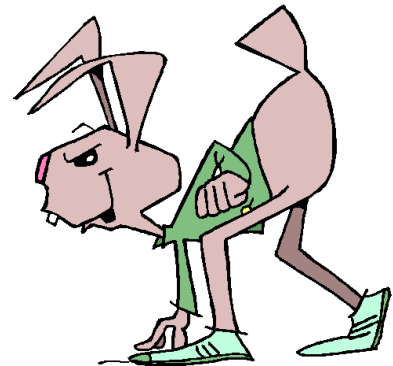


Get Ready! Get Set!

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

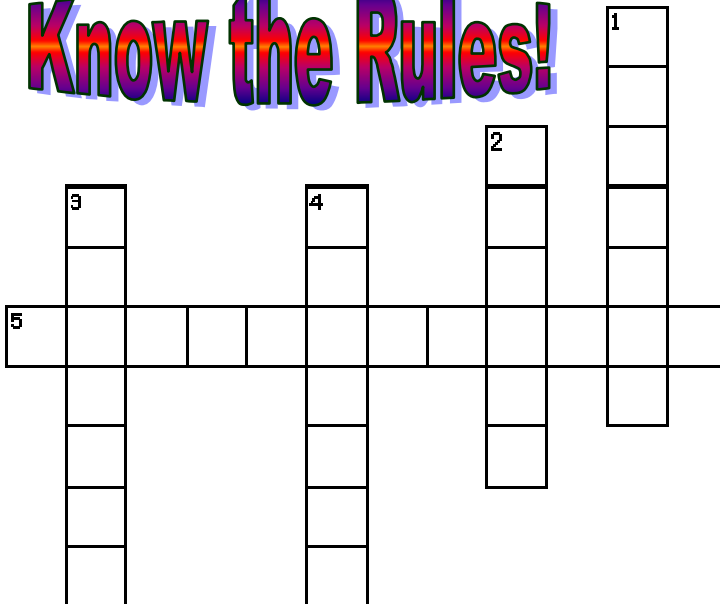
Preparing for the Christian race is no different. What will happen if we are not prepared to run the race?

What do we need to do to be prepared?



- ❖ Know the Rules
- ❖ Practice to Win
- ❖ Be Ready to Start

Know the Rules!



Across

5. Those who love Jesus will keep these. John 14:15-23

Down

- 1. We are to obey these people. Ephesians 6:1
- 2. We should meditate on things that are noble, just, pure, _____, and of good report. Phil 4:8
- 3. Love one _____ fervently with a pure heart. 1 Peter 1:22
- 4. We make melody in our hearts to God by doing this. Ephesians 5:19

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



Practice to Win



If you want to be good at something, you have to practice. Runners in marathons practice running for several hours each day, trying to improve their time at every practice. Archers practice shooting so they can hit the bull's eye. Baseball players have baseball practice. Pianists practice piano. A good student will look for things they need to improve on and practice those things over and over again.

Name some things Christians can practice in order to get better.

Be Ready to Start

The race is about to begin and all the runners are lining up at the starting point. The judge yells, "On your mark! Get set!" That means he is about to start the race. What would happen if you were not at the starting line and in position to begin running?

What happened to the five foolish virgins in Matthew 25, who were not prepared? Decode the following message to find what they should have done.



18 8 24 18 1 26 7 10
4 9 10 4 18 9 10 25 !

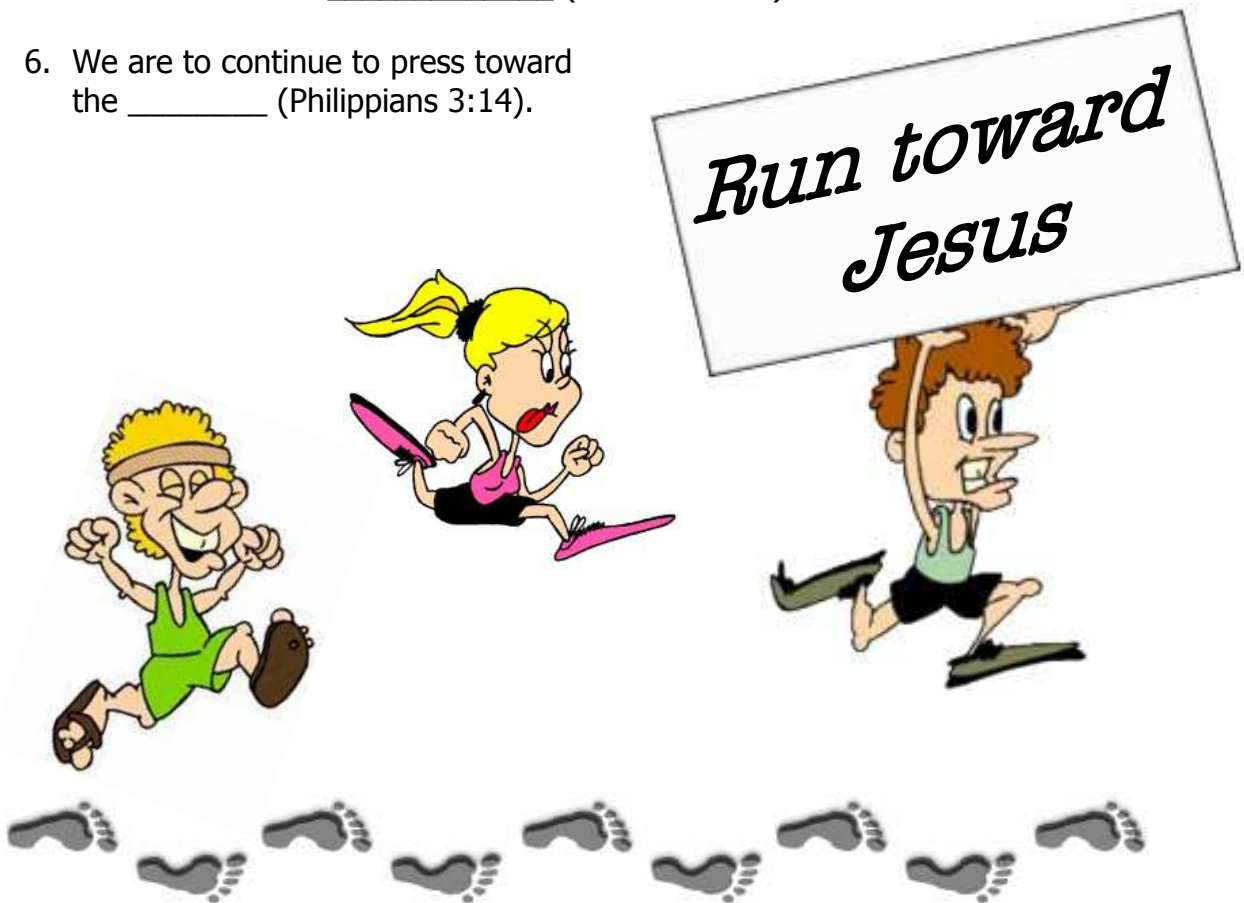
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
Y	K	F	P	H	Z	B	L	R	E	X	N	O	G	U	V	J	A	C	Q	M	I	T	W	D	S



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).





Good Attitude, Bad Attitude

Does it Matter?



Attitude is a set of beliefs and feelings that make someone act a certain way. Does your attitude make any difference in whether or not you succeed? Ask the twelve spies sent to Canaan if attitude matters (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 straight 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 ungrateful for what God did. |
| 2. Moses | B. Tried to create a short cut by getting rid of God's words. |
| 3. Jehoiakim | C. Blamed someone else for his wrong doing. |
| 4. Israel | D. Made excuses to not do what God wanted. |
| 5. Adam | E. Pouted when God did something he didn't agree with. |



An Important Hidden Message

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

Circle the following words. Then copy the first 18 unused letters to the blanks below to reveal an important hidden message.



- | | | | |
|----------|-----------|----------|----------|
| ADAM | COMPLAIN | JOSHUA | REWARD |
| ATTITUDE | EXCUSE | MOSES | SHORTCUT |
| BURN | ISRAEL | POUT | SPIES |
| CALEB | JEHOIAKIM | PROMISED | TWELVE |
| CANAAN | JONAH | | |

_ _ _ _ _ ,
 _ _ _ _ _ !



Quitters Never Win

Some people never get around to starting 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 fully committed to any one goal. In 2 Timothy 4:9-10, Paul speaks of Demas as one who didn't complete his task. Demas gave up. He didn't finish. Paul says that Demas loved the world. Demas didn't follow Paul's instructions on how to run to win.

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 be watchful and not be hindered in our run. 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. At midpoint of the race, Decker tripped and crashed to her hands and knees. Once she had rolled to the infield of the track, Decker writhed in pain, crying, and, with the only energy she could muster, limped off to the showers. Had she gotten back up, she might have still received a medal.

Don't be a "Demas"



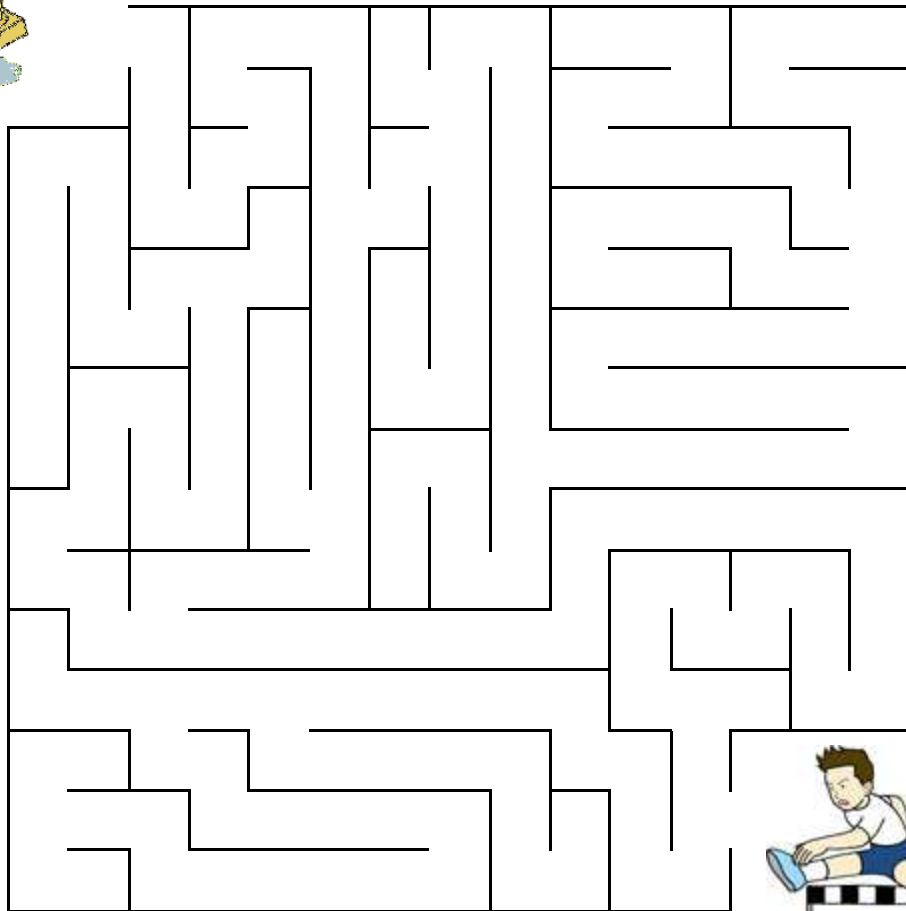


Overcome Satan's obstacles. Be a

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 a right club foot (he had no toes!) He wore a modified 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.

Who does God reward? (Hebrews 11:6) _____

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

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

How and when are rewards given out? (Revelation 22:12, 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. Answer with true or false and correct each false statement.

- T or F If men persecute you and falsely accuse you for Jesus' sake, you will have a great reward in heaven.
- T or F If you love your enemies and give them loans to repay, you will have a great reward.
- T or F The early Christians did charitable deeds to be seen of men and received a great reward in heaven.
- T or F God openly rewards those who do good deeds in secret.





What Did You Learn?



Each person is doing something from our lesson today. Can you identify what they are doing?







