

Kids' Corner 3-6 Lesson Plan

Title: Run The Race - Jesus is the Prize!

Verse: **1 Corinthians 9:24** "Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize."

Objective: Kids will know that we don't give up when things are hard. Instead, we focus on Jesus because He is our ultimate prize!

Spark

"Ready, Set, Go! Mental Race"

Directions:

- Have the kids line up for a "mental race." You will give them a series of mental tasks (e.g., "Recite the alphabet backward," "Name 5 animals that begin with the letter "M"," or "Name 5 blue things").
- While they try to answer, the teacher or other students will provide "distractions" (cheering loudly, waving hands, or playing music).
- See who can finish their task first without losing focus.

Discussion:

- Ask: "What was harder—the task itself or ignoring the noise around you?"
- Explain: In a race, runners have to block out the crowd and the pain in their legs to reach the finish line.

Transition: "Just like those runners, we run after God and work hard because the prize He promises is Himself! Let's see what the Bible says about this".

Scripture

Open Bible to **1 Corinthians 9:24**.

Read: "Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize."

Discuss:

The Discipline: For older kids, emphasize that "running the race" isn't just a fun jog; it takes training – this is discipline. For example, getting up early to run when you really want to sleep in instead. Or, taking time each morning to read your Bible and pray instead of sleeping in or watching tv/playing =videogames and instead spending that time with God. Paul is saying that we should live our lives with purpose.

The Prize: Explain that while athletes win trophies that gather dust, our prize is a relationship with Jesus that lasts forever.

The Hard Stuff:

Ask: In real life, what are the 'noises' or 'distractions' that make it hard to follow Jesus?

Explain: Talk about "Endurance." When you're in 5th or 6th grade, things get "hard" in different ways—friendship drama, school responsibilities, sports schedules, or feeling like you don't fit in. Paul says: "Keep running anyway." Jesus is worth the prize of having a relationship with Him. When we get to know God He helps us see what is really important and shows us in His Word how to follow Him (run the race).

Learn

1. Activity: The Obstacle Maze Race

- **Setup:** Use the mats to create a winding path or "obstacle course" across the room.
- Kids must navigate the maze while carrying something fragile (like a spoon with a small ball).
- It's not just about being fast; it's about steady focus. If they drop the ball, they don't quit; they pick it up and keep going.

2. Craft: Personal "Finish Line" Goal Map

To see an example of this craft go to [Kids' Corner Pinterest](#)

- **Materials:** Construction paper and markers.
- **How-to:** Draw a "Race Track" on their paper.
- **Details:** At the start line, they write one thing that is hard for them right now. At the finish line, they write "JESUS". Along the track, they can write one way they will "keep running" (like praying when they're upset or reading a verse when they're sad).
- **Explain:** This difficult thing is here (point to the start line) but we're not created to stay here. Jesus is the prize (point to the finish line). How will we run the race and get to Jesus? (For example: I'm stuck on math homework. I will stop and pray. God created me with a mind to learn. He is the best Teacher. He created all things – even math – so Lord, help me to understand.)

Live

Ask: This week, when you feel like giving up when something is hard or doing the right thing, what is one thing that you can take to refocus on the prize (Jesus)? (Stop and pray, ask a family member or friend to pray with me.)

Say: "Don't give up this week – run to win the prize!"

Prayer Focus: Thank the Lord for running the race first, that nothing is too hard for Jesus! Thank God for His son, that we can have eternal life and a relationship with Jesus. We will not give up when things are hard. Jesus is the prize!

Materials / Supplies Needed:

- Bible
- Mats (for the obstacle maze)
- Spoons and small balls (for the activity)
- Construction paper and markers

For more Kids' Crafts, Puzzles, and Activities ideas go to [Kids' Corner](#) at United Faith Church