



Running the Race

Game

Session 8

Equipment : two oranges and four tablespoons. Two of the young people are given two spoons each. **They have** to balance the orange on 1 tablespoon and defend and attack with the other tablespoon. **The object** is to knock the orange off the other person's spoon. Knock out tournament.

Point: -

If we are going to succeed as a Christian we need to learn to live a balanced Christian life. **This means** living our lives as God wants us to live.

Discussion

In small groups of two or three answer these questions:-

- ☺ How do you think other people see you when you are a Christian?
- ☹ What things do you think will be bad influences on your Christian life?
- ☺ How do you think we can help each other to live a good life for God?

At the end of discussion feedback to the larger group

Fact file

Give out a copy of the Fact File to each of the group. **Get them** to fill in the questions. **Talk over** the whole issue of who is in control of their lives, in light of what Jesus said, “if you are to follow me you must deny yourself, take up your cross and follow me.” **Ask them** how difficult they think it will be to deny themselves for the sake of doing what God wants them to do. **Explain that** God is looking for people who will live to please Him and be obedient to His will for their lives. **Ask them** if they think that, that is them?

Activity

Show a video “ More then champions.” **Ask them** the question, “*what does it take to be a great sportsman or women?*” **Then ask** them the question “ *What does it take to succeed at being a Christian?*” **Explain to** them what the prize is – Eternal life. Fullness of life now, everlasting life when we die. *Ask them what would stop them/ encourage them to succeed as a Christian?*

Main Point: -

We are ambassadors of Christ while we are on this earth. **What people** see in our lives will say something Good about God or slander Him in the eyes of others.