

RUNNING IN GOD'S STRENGTH



VBS



2020

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kids—

WELCOME TO THE VBS 2020 SUMMER GAMES!

We are so thrilled that your family will be joining us for this new adventure in VBS! It is our prayer that in whatever way your family has chosen to participate in this event, that God would use it as a time of laughter, connection and as a way to help you learn how to run the race of life, not in our own strength, but in His.

We have 3 fun filled days planned for you. In this packet you will find a lesson plan for each day that includes:

- Recreation Games
- Bible verse activities
- Bible story
- Craft instructions
- Daily missions challenge

There will also be an online video for each day that will feature your Coaches: Matt, Nikki and Alex presenting all of these elements, plus worship videos. You can choose, if you would like, to use the written lesson, the videos or a combination of both. We want you to have the freedom to host VBS in the way that works best for you. Videos are available on Vimeo and in our Fullerton Free Kids Google Classroom, if you did not receive email instructions for connecting to the videos please contact Miriam Mohler at miriam.mohler@fullertonfree.com.

If you received one of our premade boxes, you will find everything you need for all the activities in the box as well as snacks for each day and a few extra goodies, just for fun.

If you do not have the box at home, we have also included some suggestions for how to participate in the activities with items you can easily find in your home.

As you dive into the fun, we simply ask that no matter what this experience looks like for you, that you would be respectful of current state guidelines, take this opportunity to help anyone who is participating feel safe, respected and loved.

Now it's time.

Let the games begin!

DAY 1

Hello and welcome to your first day of the 2020 Summer Games. At this year's games we will be learning all about what it means to not only run the race, but to run it in God's strength making sure our hope is in Him and what He has done in our lives.

For Day 1 of your training you will be learning about who God is, what He created and about something called sin and how it messes up our race.

You will engage in activities that remind you about God's creation, His promises to us and you will learn our theme verse that teaches all about how God is always there to help us.

Athletes let's start our training!

Rec Day 1- Water Palooza

In today's story we will hear about all the things that God created and one of those things is water. As part of your strength training today, you will use water balloons to perfect your aim and to see how well you can work as a team with others. Good luck and have fun!

Supplies-

Water Balloons

Targets- optional

Option 1- Target practice

- Set up different objects around the yard of varying sizes and at varying distances. Let the kids compete to see who can hit the most targets.
- For the daring, select a person as a human target to sit in a chair and see who can hit the "target".

Option 2- Water balloon toss

- Get into teams of two. For families with only one child, this is where Mom and Dad or older siblings get to join the fun.
- You will need one balloon for every two players.
- Players stand facing each other, on "go", they gently toss the balloon to the other player. If the pass is completed without the balloon breaking, the player who tossed the balloon takes a step backward.
- Players continue to toss the balloon and take steps backward until the balloon breaks or you can't get any farther apart. For teams playing, the winner is the last team remaining with an unbroken balloon.

At home hack: if you don't have water balloons, you can also play games like jump the river or sharks and minnows to help kids engage with things that God created.

Bible Verse Game: Tower Stack

One of the most important things that helps us in this race is knowing God's Word; that means learning what He says to us in the Bible. One way to do that is to memorize verses from the Bible, because that helps us remember what He says to us even when we don't have a Bible with us.

Our theme verse for this week is Isaiah 40:31 and it's all about how to run the race and how God helps us do that. So, play this game to help you remember God's Word.

Isaiah 40:31

But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

In your box you will find the verse printed on an 11x 17 sheet of paper. We suggest that you hang it up somewhere in your house for easy reference. We have also color coded it for younger kids, who have trouble reading. The color pattern is found at the bottom of the verse. Kids can use the color pattern to get the words in the correct order, if they can not read.

In your box you will find a set of solo cups with the verse on them. For this challenge, kids will first line the cups up in order. When they are finished, they will see if they can stack all of the cups to make one tall tower without it falling. If building one tower is too difficult, you can also build two smaller towers.

If you have more than 5 kids participating, you were given two sets of cups so you can have teams compete to see who can build the highest tower.

At home hack: if you do not have a box you can use any cups around your house and simply write the words to the verse on the cups.

Bible Verse Review Activity



Here are some fun songs on Youtube to help learn the verse:

Lantern Music- *Soar* & Mercy Me- *Hurry Up and Wait*

Bible Story: God Creates

Genesis Chapters 1-3

For our story today, let's be clear where this story comes from. The Bible is God's Words to us, and even though it contains stories, these are true stories. The Bible is one of the ways God speaks to us and teaches us who He is, and how He loves us. The story we are going to hear today comes from the very beginning of the Bible, in a book called *Genesis*. In fact *genesis* means *In the beginning*. So what was in the beginning?

In the beginning was God: just God, no people, no animals, no sky or ocean, plants or trees – just God. But, God wanted to create. He is a creative God so He began the work of creating everything you see. He started with the heavens and the Earth. When He created the Earth it was empty and dark, so He created light and sky. Next, He created the oceans and dry land and covered the land with every kind of plant and tree you can imagine. He created the stars and the moon. Next, God decided He wanted to cover the earth with living creatures, so He created all of the animals living in the sky, on the land, and in the water. After each thing that God created, the Bible says He liked what He had created – “*It was good*”, He enjoyed it. That's why He created it.

After God had created all of this, there was only one more thing He wanted to create. Can you guess what it was? What's missing from all of His creations so far? That's right, *US!* God wanted to make something in His own image, to reflect what He is like and show who He is. So, He created us: Me, you, all of us were created by God to reflect His goodness, His love, His creativity. God chose us to be His most special and most loved creation. So first, the Bible says, ‘*from the dust of the ground, He created a man named Adam, and then from Adam God created a woman named Eve. God created a special place for them to live called the Garden of Eden, and there Adam and Eve walked and talked with God.*’ God created us to know Him, and talk with Him, and love Him. And He loved Adam and Eve very much, as He does ALL of us that He creates.

Then something the Bible calls *sin* entered the story. God had given Adam and Eve a lot of freedom to live in the garden, but He also had told them some things *not* to do that would hurt them, because He loved them. There was one tree He told them not to eat the fruit from, because if they did they would die. Can you guess what they did? That's right, they ate the fruit from that tree. Satan, who is God's enemy, lied to them and told them that if they ate it they would become like God. They listened to God's enemy, instead of listening to God. This is called *sin*.

Now remember how we said that if they ate the fruit from the forbidden tree they would die? Well, God didn't mean they would physically die, He meant that it would break their relationship with Him. And even after they actually died someday, they would be forever separated from God. God is perfect and holy, which means He can't have anything to do with *sin*. *Sin* separates us from God. So now Adam and Eve's relationship with God was broken.

Well my friends, we all *sin*, don't we? In fact the Bible says, “*All have sinned, and fall short of the glory of God.*” All of us choose to do our own thing, instead of what God wants for us. Now, this seems like a pretty sad story, because *sin* means that we are all separated from God. But remember, God created us in His own image, and He loves us. God hates *sin*, but He loves us. He is not okay with us being separated from Him, but *sin* has to be dealt with. So, God launched a creative, amazing plan to help save us from *sin*. But to hear about this amazing rescue plan, you'll have to wait until tomorrow.

Torch Craft

Bible story tie-in: *And God said, "Let there be light," and there was light. And God saw that the light was good. And God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day. Genesis 1:3-5 (NASB)*

God's first creative act was to make light! Without God, there would be no light.

In John 8:12 *Jesus said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."*

So when you make this Olympic torch, you can think about the Light of the World and how God is with you wherever you go!

Directions: Follow the instructions that come with the kit. Be creative in decorating the base of the torch with the crayons and sharpie provided. (Suggestions: Draw and color things that God created, symbols of the Olympics, things that represent peace and hope, or things that represent you or your home).

At home hack: you can use any type of cardboard roll or a flashlight and construction paper to create torches if you do not have the kit.

Olympic Torch fun facts: Every Olympic Games begins with the traditional Olympic Torch Relay. The torch is lit by the sun in Olympia, Greece, (they use a special bowl-shaped mirror) as it was in ancient times, and then it is passed from runner to runner in a relay to the host city. It's called a "kiss" when two torches meet and the one lit torch lights the flame of the other. When it arrives at the host city, it is used to light a flame in a cauldron at the Olympic stadium during the opening ceremony. The flame then burns throughout the Games and is extinguished at the closing ceremony.

Each Olympic Games has its own unique design created by the hosting country. The **Olympic flame** is often associated with a message of peace and hope, as it is carried around the host nation.

Extension ideas:

*Set up a relay race and run with your torch, making sure to perfect the torch "kiss" as you switch partners.

Missions Challenge

As we close our first day of training we pray that you remember that God created everything including YOU and He created you in HIS image! He loves you and He wants to be your strength. He also wants you to share His light and His truth with others. For your missions challenge today we want you to think about people who serve you: your mail person, trash collectors, fast food workers, etc., and plan something nice you can do for them today. Make them a thank you note, make them some cookies, deliver a gift card as you go through a drive-thru. This is your turn to create something to share God's love. Go create and we will see you tomorrow for Day 2 of our Summer games.

DAY 2

Welcome back to day 2 of our VBS Summer games! Yesterday we learned all about God, who is our awesome coach and is the one who created everything including us and He created us in His image. We also heard about something called sin and how it has the potential to really mess up how we run the race.

Today, we will learn about God's plan to save us from sin, to restore our relationship with Him and to show us how to run this race in His strength with the help of His son Jesus.

So...say it with me friends...LET THE GAMES BEGIN!

Rec Day 2-Save Me

One of the most important things to remember about running the race is that we don't do it alone. Sometimes we will face obstacles or things that are challenging, but God is always faithful to help us when we are in need!

Supplies-

Household objects that can be used to create an obstacle course

Blindfolds- optional

Directions: Use chairs, pool noodles and other random household objects to set up an obstacle course either in your house or outside. The level of difficulty of the course will depend on the age level of the kids participating. You will select one person to be the rescuer and one to be the person in need of rescue. The goal is to see how fast the rescuer can make it to the end to the person in need of rescue and lead them safely back through the obstacle course. Additional suggestions: **Older kids**- can use blindfolds to make it more challenging. **For smaller groups**- use stuffed animals that need to be rescued. **For larger groups**- set up multiple courses and see who can complete the course in the fastest amount of time.

Bible Verse Game: Musical Chairs

Supplies-

Chairs

Sticky notes with verse words or paper with tape.

1. Set up the chairs like you would for musical chairs, except use one chair for each child. (every child gets a chair each round).
2. Stick all of the sticky notes with verse words to the back of the chairs in any order.
3. Play like musical chairs, except each time the music stops, instead of removing a chair, children will look at their chairs to see who has the first word of the verse. The child who is sitting in the seat with that word should take the sticky note off the chair and place it on the board/wall, etc. On the next round the child who is sitting on the chair with the second word of the verse takes it off and places it next to the first word. Keep playing until the whole verse is complete.

Bible Story: God Saves

From the gospel accounts in the books of Matthew, Mark, Luke and John

On day 1 Coach Matt told us the story of creation. We learned about God and how He created the whole world and everything in it. We also learned that He created each and every one of us in His image. How awesome is it to know that when you look in the mirror, you are not just looking at yourself, you are also looking at God?! Coach Matt told us that in the beginning of God's creation, everything was perfect, there was no sadness, no sickness, no death and Adam and Eve got to walk and talk with God. They were friends.

Sadly, God gave Adam and Eve one very important rule to protect them, but they chose to listen to an evil serpent and when they disobeyed God, sin came into the world. Sin is anything that we say or do that goes against what God wants for us. Lying, cheating, fighting, saying mean things are all examples of sin. Sadly, because God is perfect and holy He can't have any part of sin, so when Adam and Eve sinned, it separated them from God. This made God very sad. He loved Adam and Eve and wanted to be in relationship with them. He wanted to be friends with them. So He came up with a plan to fix what had been broken.

God's rescue plan is what we will be learning about today and this amazing plan can be found in two of our favorite holidays, Christmas and Easter! You see, after Adam and Eve sinned, God started putting things into place for His great rescue plan. He started telling the people who loved Him about His plan. He gave them clues to look for, so that they would know when the plan was happening. These clues were also called "prophecies" and you can find them in many books of the Old Testament. The Old Testament is the first half of the Bible. So, for hundreds of years God's people listened to the prophecies that told of a man who would come to save us all, a man who would be known as the Messiah and this Messiah would be the One to fix what sin had broken.

Then one night it happened! A tiny baby named Jesus was born to a couple named Mary and Joseph. Now Jesus didn't arrive in the way many were expecting. Many people who knew of the prophecies about the Messiah, thought that He was going to arrive like a King, with a big parade and a huge army. They did not think that he would be born to a regular couple with no money or that he would be born in a stable surrounded by animals! However, the people who knew God and who studied the clues, knew that Jesus was the One who had come to save us. They knew that Jesus was God's Son, the Messiah. You see, that was all part of the plan: God sent His One and only Son to be born in a very special way, because HE knew Jesus would be the One to save us. This is what we celebrate at Christmas time.

While Jesus was growing up, He was just like you and me in almost every way; He went to school, He had brothers and sisters, He laughed, He played, people made fun of Him, people laughed at Him, He felt lonely and afraid and sad, just like we do, BUT, unlike us, Jesus NEVER sinned. He never made bad decisions. Can you imagine that? He felt emotions like we do, He got angry and frustrated, but He never did anything to hurt anyone else when He felt those things. This was all part of God's rescue plan, too. He sent Jesus, as a human just like us, so that when we pray to Him, He understands everything we are feeling. How amazing is that?!

Now as Jesus got older it was time for the next part of God's rescue plan. Jesus gathered a group of 12 good friends around him and together they went from place to place telling people about God. Jesus also began telling people that He was the Son of God and had the power of God's Spirit in Him. As a way of showing God's amazing power Jesus would heal people. He helped blind men to see, He fed the hungry, He helped men who couldn't walk to walk again and there was even one time when He brought a man back to life! All of this was to show God's power and love to everyone.

There were many of the people who listened to Jesus that loved Him and believed what He was saying, but there were others who thought He was a liar and they were very angry that He was telling everyone He was the Son of God. They were expecting someone else, so when Jesus said, "I am the Son of God", they thought He was breaking their laws. They finally decided that the only way to stop Jesus was to put Him to death, so they did. Jesus was completely innocent; remember, He never sinned?! They punished Him and put Him on a cross to die, but THIS was all part of God's rescue plan! You see, the punishment for sin for all of us is death and a life apart from God, but God loved all of us so much that He sent Jesus to take the punishment for us. In the Bible in the book of John chapter 3;16-17 it says, "*For God so loved the world that He gave His One and only Son that whoever believes in Him shall not die but have everlasting life. For God did not send his Son into the world to condemn the world, but to save the world through Him.*"

So, when Jesus was on that cross He took the punishment for ALL of the sin in the whole world, for all time, and then He died and they buried Him. BUT GUESS WHAT?!?!?!?!? Jesus didn't stay dead. 3 days later He rose from the dead and went to His disciples to show them that He was alive and prove that God has power over even death itself! This is what we celebrate on EASTER! Jesus stayed here on earth for a little while longer sharing the good news of forgiveness, and then He went back to heaven to be with God. Before He left He told his followers that He was going to leave us a Helper, and this Helper is the Holy Spirit. When you invite Jesus to be a part of your life His Holy Spirit becomes your Helper too. His Spirit is the One who helps you when you are sad, helps you know the difference between good and bad choices and is always there to help you no matter what. This is God's rescue plan; this is the way that we can be friends with God.

So, in case you missed it, here is the plan: Sin came into the world and separated us from God. We needed Someone to save us from our sin. Jesus came to earth and never sinned so He could save sinners. Jesus took the punishment for our sin and rose again on the third day, showing that God has power over death. If we have Jesus in our life, He is the One who helps us to be friends with God again. Close your eyes and imagine Jesus holding out both His hands. Now imagine Jesus holding your hand on one side and only God's hand on the other side. That is how God saves us, because Jesus took our punishment; if we believe in Him and invite Him to be part of our lives forever, we can be friends with God forever! All we have to do is talk to God, ask Him to forgive us for our sin, tell Him that we believe Jesus really was His Son and that we believe He died and rose again for us and then ask Jesus to come into our lives. Once you do that, Jesus and his Holy Spirit are with you ALWAYS. He will never leave you. He is always there for you to talk to, to help you, to protect you, to teach you and to love you forever and ever. What an amazing rescue plan!

If you have never talked to God and asked Him to forgive your sins and invited Jesus to be a part of your life, you can do that today. You just have to talk to God just like you talk to your Mom or Dad or anyone else in your life. He is always listening. The cool thing is, you only have to invite Jesus into your life once, so if you have prayed this prayer before, you never have to do it again. It says in the Bible that when even one person prays this prayer, the angels in heaven with God all celebrate!

If you prayed this prayer today we would love to know about it! Please email Coach Nikki at nikki.bridgeford@fullertonfree.com

Now that you know about the rescue plan Coach Alex will share with us on Day 3 what happens next!

Craft: Discus

Bible story tie-in: Isaiah 40:30-31 *“He gives power to the weak. He increases the strength of him who has no might. Even the youths faint and grow weary, and the young men utterly fall: But those who wait on the Lord will renew their strength. They will mount up with wings like eagles. They will run, and not be weary. They will walk, and not faint.”*

An Olympic athlete (like a discus thrower, gymnast, swimmer, etc) must train under a qualified coach. The coach gives directions, training, encouragement, suggestions and is **always** there at practices and games for the athlete! Every athlete needs a coach or teacher to bring out the best in him and to encourage him when the going gets tough. It takes work and lots of practice to be a champion athlete. And no matter how good that athlete is, there will be tough times. A coach will encourage and lift up the athlete during those times and help him or her to become a champion!

In the same way, as Christians, we will have tough times. We will get tired and weary. Sometimes it may look like we can't go on, BUT we have JESUS as our teacher, coach, friend and our GOD! Jesus teaches us by His example, and through the Bible we are given encouragement, training and goals to become more and more like Him. When we have tough times, He is like the wind beneath an eagle's wings, lifting us up! And He is ALWAYS with us, no matter what!

Directions: Draw a design on your discus using the sharpie provided. Consider making a laurel-leaf crown around the raised center. Or perhaps draw the Olympic rings! Or an EAGLE to show how you mount up with wings like an eagle. Color in your design using the crayons provided. Accent your design with the stickers provided-(if you like)!

At home hack: If you don't have the discus kit, you can use paper plates instead.

Discus Throw fun fact: The Discus Throw is a particularly iconic event of the Olympics. It was invented in Ancient Greece and was a part of the earliest Olympic events. In the modern Olympics, the discus event has been a competition since 1896. The goal is to throw the discus farther than your opponents. The discus is a flat, round object that looks a little bit like a frisbee, but is flat and weighs 4.4lbs or 2.2lbs. It is thrown by spinning your body 1 ½ times inside a 7 foot circle and releasing the disc into a pie shaped field. The distance is measured from the front end of the circle to where the discus landed. It is very difficult to master the spinning and throwing technique and few discus champions are less than 30 years old because of the time required to master the skills. However, many discus athletes begin training in their teenage years or younger.



Missions Challenge

Good job athletes! You have successfully completed Day 2 of your training and the summer games. Today you learned that even though Adam and Eve brought sin into the world and it broke our relationship with God, He loved ALL of us so much that He had an incredible plan to fix what was broken. God sent His one and only son Jesus to live just like us so that He could understand everything we go through in our lives; the only difference between Jesus and us was that He was perfect and this was all part of God's amazing rescue plan. Jesus came to die on the cross for our sins and take the punishment we deserved, but He didn't stay dead, He rose again on the third day and showed us that He has power over everything, including death. God wants us to take this good news and share it with everyone!

For your missions challenge today you will be helping to provide supplies for people who are in need during this time. In your box we have included a list of food pantry items that Fullerton Free is collecting, along with instructions of where to deliver those supplies. Share the love of Jesus today, by helping meet the needs of others.

FOOD & SUPPLY NEEDS

FOOD

- Refried beans
- Pinto beans
- Spam
- Canned Mandarin oranges
- Canned sliced pears
- Tuna
- Pasta sauce
- Mac and cheese
- Tomato soup
- Vegetable soup
- Canned carrots
- Canned asparagus
- Canned corn
- Paper towels
- Ground turkey
- Canned yams
- Olives
- Vegetable oil
- Relish

HYGIENE

- Deodorant
- Soap
- Shampoo
- Toilet Paper
- Toothpaste
- Toothbrushes
- Feminine hygiene products
- Diapers and wipes
- Disinfecting wipes

FOOD DROP-OFFS
are on Thursdays from
12:00pm - 4:00pm on
our North Campus
(2904 Brea Boulevard,
Fullerton, CA 92835).
Call our church office
for additional
information.

THANKS FOR YOUR GENEROSITY!

FULLERTON FREE — FULLERTON FREE — FULLERTON FREE — FULLERTON FREE

DAY 3

This is it, the final day of your training at these 2020 Summer Games! So far we have learned about God's creation and His great rescue plan for all of us. We have used our training to create, to play, to memorize God's Word to us and to learn how to let God be our strength no matter what we are doing. For your last day, you will learn how to keep your training going, even when the games are over. You will learn how to listen as God coaches you every day and learn what our theme verse means when it says we will run and not grow weary and that we will even soar on wings like eagles.

So one last time friends,

LET THE GAMES BEGIN!!!

Rec Day 3- Soaring and Sharing

On this, our final day of training we will be learning the importance of continuing in what we have learned and sharing what we have learned with others. Yesterday when we were making our discus craft we learned that just like the wind helps these discs to soar through the air, God is the wind that gives us the power to run the race and to tell others about Him. For your final strength training you will be doing a series of challenges to help you learn more about your disc and the best ways to help it soar to reach the greatest distances, just like we want to do with sharing the good news of Jesus.

Supplies-

Discus from Day 2 craft or frisbee

Solo cups- can use the verse cups from day 1 if needed.

Pool noodles, cones, tape or any other objects to mark distance

Directions: Create different challenges to be completed using the disc from the craft on day 2 or an ordinary frisbee.

Challenges:

- Set up a pyramid of cups at different heights and distances and see if you can throw the disc to knock them down.
- Using cones, pool noodles or any other household objects set up different markers in the yard to mark distance. Have kids take turns throwing the disc to see who can throw it the farthest distance.
 - For an added variation have kids experiment with different throwing styles to see which style helps the disc to go the farthest.
- Have two participants start close together and throw the disc back and forth, on each completed pass, have one of the kids take a step back. continue to do this to see how far apart you can get and still get the disc to your partner

Bible Verse Game: Straw & Order

Supplies: Index cards (or paper)/ drinking straws

1. Spread out cards (or paper) on the table (or floor) with words facing up.
2. On 'go', kids place straw in their mouth and work together to try to suck up the cards and place all of them in order without using their hands.

Bible Story: Continue In What You Have Learned

2 Timothy 3:14-16

Introduction

- When you think of the “**greats**”, who comes to mind?
 - Brainstorm the best of the best in sports, music, education, art, etc.
 - One of the things that all of the “greats” share is a desire to continually better themselves.
 - They are not satisfied with where they currently are, but instead they are consistently pushing themselves to the limit to continue learning, growing, and excelling
- Our VBS theme is all about **running in God’s strength**, so when we think about a great runner, Usain Bolt comes to mind.
 - Fastest man on the planet, tons of gold medals, and a world record holder.
 - Usain didn’t win the gold medal and then stop training.
 - Instead he pushed his body even harder, he continued in his training and tried to win more gold medals and break *more* records.
- Similar to Usain, we are called by God to continue in our learning, to continue growing in our faith, and to understand that there is always more to discover about our amazing Creator.

Paul’s Letter to Timothy

- Paul is stuck in prison and he is writing to Timothy, who has been spreading the Good News of Christ.
- It’s here that we get this amazing verse in 2 Tim 3:14, to continue in what you have learned.
 - Even though Timothy is doing an amazing job already, Paul is encouraging him to continue relying on God, to continue learning, and always seeking to further that knowledge.
- There is never a time where we will be done learning about our amazing God.
 - Whether you are in 1st grade, 4th, or you’re a grandparent, we are called to continue learning and growing in our faith.

Paul’s Example: Fanning the flame

- A beautiful picture Paul paints is this idea of fanning the flame of a fire. When you build a fire you can’t just have huge logs and call it good.
 - You have to start small, watching the flame grow and then adding more and more logs so that the fire gets bigger and bigger.
 - It is the same with our faith, we need to continue learning, continue adding to what we know so that our faith can continue to grow ablaze just like a fire.

Conclusion: As we run our race of life in God’s strength we must always remember to continue in what we have learned. Thankfully we aren’t alone in this race, since God is ALWAYS with us.

Craft- DIY Medals

Bible Story Tie-In: 2 Timothy 3:14 "But you must remain faithful to the things you have been taught. You know they are true, for you know you can trust those who taught you."

A champion does not achieve victory over night. It takes a LOT of hard work and practice. A champion athlete must be faithful to his or her training.

YOU are a champion for Jesus! When you follow in Jesus' footsteps and learn to be more like Him, you are like an athlete training for a championship, you are "faithful to the things you have been taught," but EVEN BETTER is that you already get to have Jesus in your life and other people get to see Him through YOU!

Directions: Follow the instructions that come with the DIY Medal. You should have 2 Gold stickers that you can stick on the front and back of the paper circle to make it a GOLD MEDAL! Next, use your sharpie and crayons to design your medal. Don't forget to add "Summer 2020" into your design so you always remember these special days of the VBS Summer Games!

At home hack: use foil, construction paper or other household items to make your own medals.

Olympic Medals Fun Fact: In the Olympic Games, medals are given to the top three people who participate in each event or game. The winner of the competition is given the gold medal. The silver medal is given to the person who came second. The third placed person is given the bronze medal. The 1904 Olympic Games in St Louis, were the first at which gold, silver and bronze medals were awarded for first, second, and third place.

Each medal must show the Olympic emblem, the full name of the Games in question (Winter or Summer and the year), the name of the sport or discipline concerned and the emblem of the Organizing Committee for the Olympic Games'. Many of the medals are decorated on the back with symbols of the host country and or symbols of the virtues of the Games (such as perseverance, competition, courage, strength, determination, friendship, respect, excellence, inspiration....)

Extensions:

Hold a Medals Ceremony! Play our national anthem and raise the flag!

You can give these medals to the champions in your life (Best Chocolate Chip Cookie Baker? Neighbor with the most colorful front yard? Sibling with the cleanest room? Silliest laugh?! You decide the qualifications, and enjoy making and giving these medals.

Missions Challenge

You did it! You have successfully completed the 2020 Summer Games and your training to run the race in God's strength. As we learned today, now it is up to you to continue in all that you have learned. Go to the Bible and read more about how God created you, how He saved you and how he wants to be right by your side coaching and teaching you for your whole life. Talk to the people in your life who also know Jesus, ask them questions, what do you wonder about the stories that you have heard? Share with them the things in your life that are difficult and ask them to pray with you. Share with them the things you love about God and ask them to celebrate with you. God is with us in this race of life in so many ways and He wants nothing more than to be close to us and help us FOREVER!

For your final mission challenge, take the sidewalk chalk in your box, or any that you have at home and go share the Good News of Jesus with your neighbors by writing verses or drawing pictures that tell everyone how much God loves them.

We are so thankful that you joined us for our Summer Games and we would love to continue to connect with you at Fullerton Free. For right now you can connect with us by joining our google classroom or our weekly Zoom meetings. Information on those is listed below.

If you have any questions about other ways to get connected, please email Coach Nikki at nikki.bridgeford@fullertonfree.com.

Thank you again for joining us, now go out, soar like eagles and run the race in God's strength.