

# Explore It TOGETHER



## TRUSTING OUR COACH

### Hebrews 12:1-2a Follow Jesus' example

Here are some ideas and activities you could do as a family



### Investigate

This week we discovered that there are lots of Bible verses about running. Here are a few that we used in the session:

- ➊ 1 Corinthians 9:24-25
- ➋ Isaiah 40:31
- ➌ Hebrew 12:1-2a

Ask someone at home to help you find some more Bible verses that talk about running. Share with them your thoughts on why running is used as a picture of living the Christian life.



### Run

Plan a running/walking route in your local area and ask someone at home to run or walk with you. As you go, think about our verse for this week:

'So let us run the race that is before us and never give up. We should remove from our lives anything that would get in the way. And we should remove the sin that so easily catches us. Let us look only to Jesus. He is the one who began our faith, and he makes our faith perfect.' Hebrews 12:1-2a (ICB)



### Play

Have a go at the *Follow the Coach* game at home.

Choose someone to be the coach for everyone else. The coach chooses a move for the rest of the group to do and demonstrates it. As everyone else carries out the move, the coach gives them tips to improve their performance.



### Share

Watch the clip from this week's session and share with someone at home everything you have discovered.

*Run the good race* by The Superbook Show

<https://www.youtube.com/watch?v=O9NWn2sIMj8>