



HEROES OF THE FAITH

Large Group

LESSON 12: LARGE GROUP

Running the Race

MAIN IDEA

Just like athletes preparing for competition must train their bodies through discipline, so Christians must run in the life of faith and train through spiritual discipline.

BIBLE PASSAGES

- Matthew 25:36–44
- Luke 5:16
- Mark 1:45

MEMORY VERSE

Jesus told him, “I am the way, the truth, and the life. No one can come to the Father except through me.”

John 14:6, NLT



Prepare your heart to teach.
Plan for the lesson.



Introduce the story of the Gospel.
(10-15 minutes)



Play large group games.
(25 minutes)

Prepare



Prepare your heart to teach.
Plan for the lesson.

QUESTIONS

- How can you be praying for the student this week? Are there any specific students or requests you can pray for?
- Are there any changes and additions needed for the Large Group Lesson?
- Is there anything specific you need to communicate to the small group leaders?

MATERIALS NEEDED:

- Bible
- Printout 1, 4 copies
- Blank posterboard or white board
- Marker or dry erase marker

Large Group



Introduce the story of the Gospel.
(10-15 minutes)



"Who is Jesus"
Call and Response

WRAP IT UP

INTRODUCTION

Welcome the students to Crossroads and tell them you are glad they came this week.

(Optional) Go through the "Who is Jesus" call and response.

(Optional) As a group, say the memory verse for this week.

Open with prayer for the students.

Say, **As we wrap up our study on Heroes of the Faith, I want to take a moment to reflect on what we've learned. Throughout these weeks, we've explored the lives of men and women who stood out in history—not because of their strength, but because of their faith in God.**

From the unwavering trust of Joseph, to the courageous leadership of Moses, to the perseverance of Paul, we've seen that a hero of the faith isn't perfect, but they are faithful. They rely on God in every circumstance.

Today we will be discussing the importance of discipline. Discipline is learning to follow rules and make good choices so that we can do the right thing, even when it's hard. It helps us grow, stay safe, and work well with others.

Have one leader and two students prepare to do the skit on Printout 1.

Characters:

- Narrator
- Coach
- Student #1
- Student #2

After they complete the skit, have the students list things that would be required in order to train effectively for a race.

Be sure that they mention: sleep, eating right, studying the competition, lifting weights, sprinting, long distance running, learning to pace self.

Write down the students' ideas on a piece of poster board or whiteboard where they can see it.

Say, **The Bible talks about us being in a spiritual race—the race of the life of faith.**

What kinds of training do you think would help us run better in the spiritual race? (Make a list with their ideas.)

We will be discussing these disciplines—or training exercises—in our small groups.

Then dismiss them to their groups.