



This short drama should be done at the beginning of the Bible time to connect the **READY STEADY GO FOR GOD!** sports theme with the **ONE WAY** Bible lessons. Choose two leaders, dressed appropriately for a sporty adventure, to act this little drama out in a lively and enthusiastic way.



## DAY 1

### MEET BECCA AND TOBY

*(Toby walks over to Becca who is stretching.)*

**TOBY:** Hi there, are you training for the big race?

**BECCA:** Hi, yes, my name is Becca Bolt—I'm as fast as a bolt of lightning!

*(Becca reaches hand towards Toby. Toby shakes Becca's hand and starts to stretch.)*

**TOBY:** Nice to meet you, they call me Toby Turbo—my arms and legs are turbo charged! What's your favourite type of race?

**BECCA:** Running or speed climbing

**TOBY:** I prefer to be on the water or in the water—rowing or swimming.

**BECCA:** I'd rather keep my feet on dry land! Is this supposed to be a Bible club?

*(Becca stops exercising and stands with hands on hips. Toby stops exercising)*

**TOBY:** Yes, we'll be hearing exciting stories from the Bible.

**BECCA:** Then why is it called **READY STEADY GO FOR GOD?** What has that got to do with the Bible?

**TOBY:** It's about starting your race for God. The Bible says that everyone needs to start the best race of all—God's race.

**BECCA:** But not everyone enjoys sports, what do you mean?

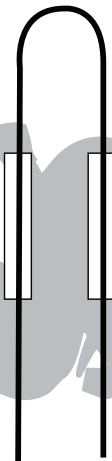
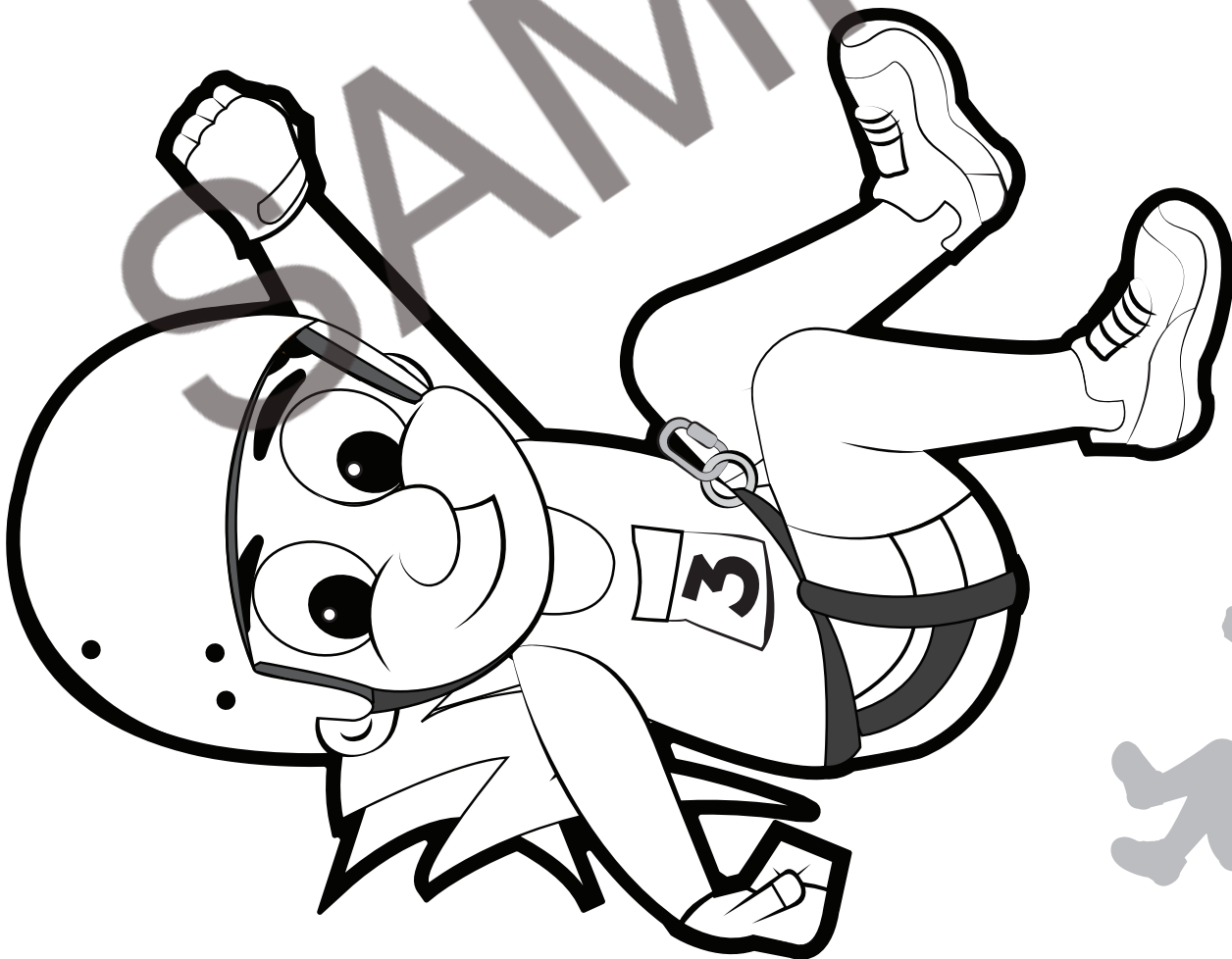
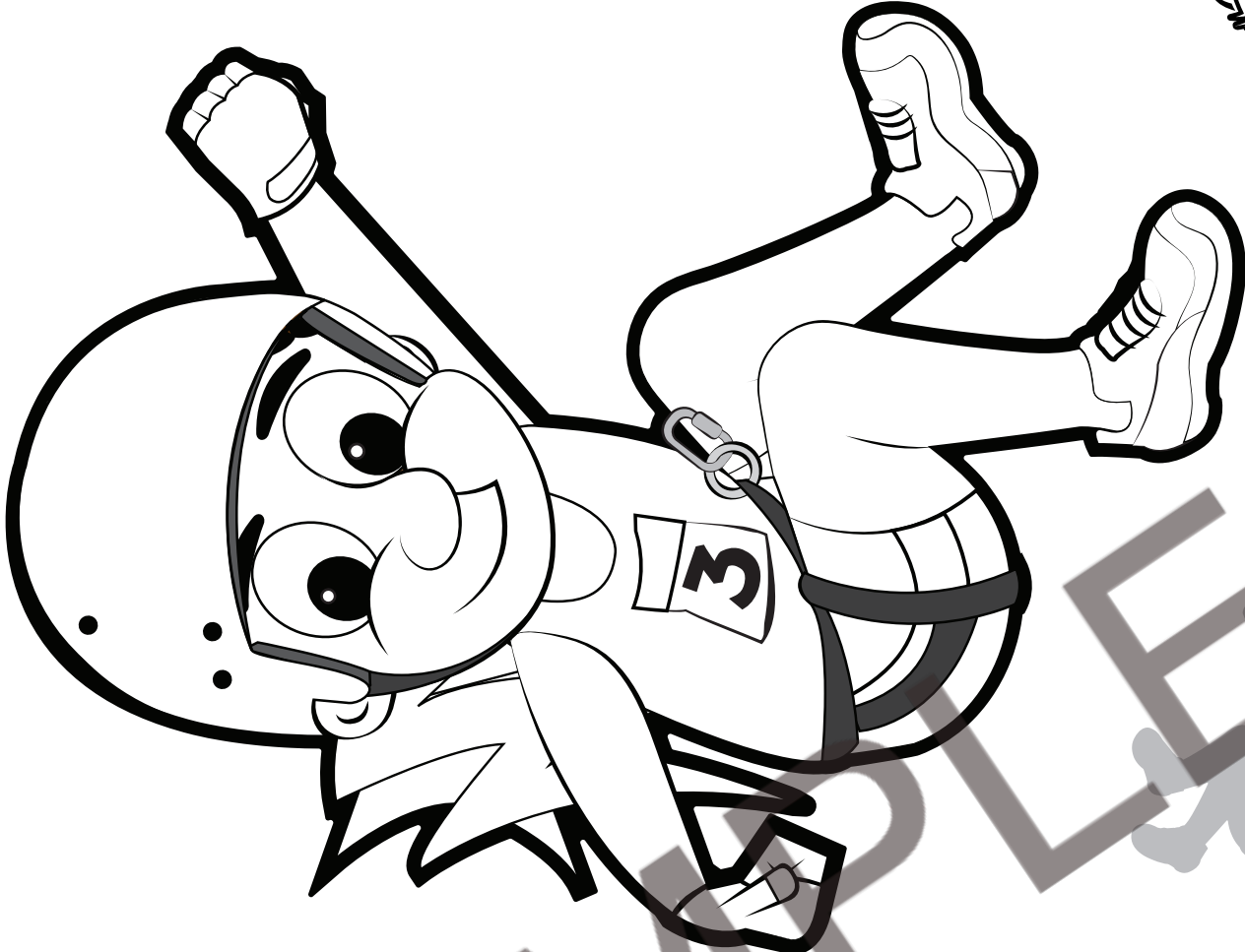
**TOBY:** Some athletes race for their team or school or country, but being part of God's race means knowing God as your loving Heavenly Father and living to please Him.

**BECCA:** So it's not an actual race, it's about how you live your life.

**TOBY:** Yes! And it's not like a sprint—once you start God's race you keep getting to know God better and live to please Him for your whole life.

**BECCA:** How can someone start their race for God?

**TOBY:** The Bible says there's only one way to start your race for God—that's what we're going to find out about today!





I press toward  
the goal  
for the prize of the  
upward call of God  
in Christ Jesus.

Philippians 3:14

# 17 Run, Row, Swim, Climb

## Materials:

- None

Have the children walk around the room in a circle. When the leader calls an instruction, they must do that action. When the leader calls “freeze” they must freeze in that position. The last person to freeze or anyone who moves while supposed to be frozen is out of the game.

- **“Run”**—do a slow jog.
- **“Row”**—keep walking while doing a rowing action.
- **“Swim”**—keep walking while doing a swimming action (you may wish to call a particular type of swimming stroke).
- **“Climb”**—stand in one place and do a climbing action.

# 18 Sit down for a rest!

## Materials:

- Chair for each child

Have each child sit on a chair in a circle, facing inwards. Two or three children should move to stand in the middle, leaving their chairs empty. The rest of the children should move to their right, one chair at a time, to fill the empty chairs. The children in the middle need to move quickly to find a seat before another child sits on it. When a ‘middle’ child sits down, the child to their left must stand up and try to find a new seat.

# 19 Test your balance

## Materials:

- Masking tape

Rowers need to have good balance, especially when they are getting into or out of the boat, or they might fall in! Use masking tape to make a balance beam for each of the four teams to walk along. In a relay race, allow the children to take their turn walking one foot in front of the other across the straight line of tape. If a child ‘falls off’ they must go back to the start of their beam and begin again. Make the game more challenging by having the children walk backwards.

----- End of Sample -----

SAMPLE