

## Home Family Worship with Kids 29. October 4<sup>th</sup>, 2020

### Philippians 3:4-15

How many of you have ever been involved in a running race?

What is the one thing that can slow you down?

One thing I remember hearing from a PE teacher about what could slow you down in a race was this, 'Never look back.' Our PE teacher told us that looking back in a race slows you down. He told us it slows you down for two (2) reasons; 1) You are spending energy & time at looking where you have been & not where you are going, 2) You lose sight of the mark or finish line. Both of these things make you lose focus which in turn causes you valuable time in a race.

Set up a race track around the yard somewhere. Have everyone run by themselves to see how fast they can run. You can time them and write down the times. Then ask each of them to run again but this time ask them to run with looking back to see behind them 3 or 4 times. Time them again and compare the times from the first run.

Paul speaks of this very thing in the Bible. It can be found in Philippians 3:12-14,

<sup>13</sup> Brothers and sisters, I know that I still have a long way to go. But there is one thing I do: I forget what is in the past and try as hard as I can to reach the goal before me. <sup>14</sup> I keep running hard toward the finish line to get the prize that is mine because God has called me through Christ Jesus to life up there in heaven.

Paul is talking about Pressing toward a goal, or winning a race. He knows that he has not won the race but, he counts himself still in the race trying to obtain the prize. He states in verse 13; in running the race one thing he does is forgetting those things that are in the past and reaches for the future. In other words, he doesn't look back! Do you remember who Paul was before he became Paul? He was mean and nasty to anyone who followed Jesus. After he became Paul, he stopped hurting Christians and looked forward to what he could do to help others get to know Jesus. He knows that if he spent time thinking about the past he would not achieve God wanted him to do in the future.

Rather than focusing on what has happened in the past, Jesus wants us to look to the future, to look to him for guidance for what we are going to do. When we spend time reading the Bible, singing songs about God and praying we are keeping our eyes on Jesus.

**Video clips:** For older children/youth [https://www.youtube.com/watch?v=sWDa\\_7Q9ryI](https://www.youtube.com/watch?v=sWDa_7Q9ryI)

Prayer [https://www.youtube.com/watch?v=ZrdIXOk\\_QdQ](https://www.youtube.com/watch?v=ZrdIXOk_QdQ)

Saul becomes Paul (Kids sharing a message) <https://www.pursuegodkids.org/the-outrageous-forgiveness-that-jesus-gave-paul/>

God's Story – Paul [https://www.youtube.com/watch?v=R0p0W\\_Zbt1s](https://www.youtube.com/watch?v=R0p0W_Zbt1s)

**Songs:** Philippians 3:14

[https://www.youtube.com/watch?v=sXrXnirw1wU&list=PLhfiSM0IOvGuwr4N77y8ZVxLVMjmpPvM\\_P&index=14](https://www.youtube.com/watch?v=sXrXnirw1wU&list=PLhfiSM0IOvGuwr4N77y8ZVxLVMjmpPvM_P&index=14)

Running in the race <https://www.youtube.com/watch?v=BTUv6uFdK9M>

I'm Gonna Run <https://www.youtube.com/watch?v=WgHZUEdc4IM>

Running the Race with Jesus <https://www.youtube.com/watch?v=hooihwqpL1Q>

**Activity:** Not looking back colouring sheet two images on this link or on separate page on website.

<file:///C:/Users/Owner/Documents/Family%20Worship%20at%20home%20with%20kids/29%20%20Looking%20to%20Jesus%20and%20not%20behind%20us/not%20looking%20back%20Colouring%20sheet.pdf>