

DETERMINATION

BIG IDEA

Determination is the ability to make difficult decisions and accomplish God's goals based on the truths of God's Word, regardless of the opposition.

MEMORY VERSE

II Timothy 4:7-8a

"I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness..."

• PREPARATION & MATERIALS •

BIBLE OBJECT LESSON

- Balloons
- Bamboo skewers

GAME

- Plastic cups, 15 per team

CRAFT

- Toilet paper tubes
- Markers
- String
- Colorful tape
- Pencils, unsharpened (one per child)
- Small stickers (optional)

WORKSHEETS

- Photocopies of coloring sheets, one per child



DETERMINATION

Lesson 8

BIBLE LESSON • INTERACTIVE

Ask for 6 volunteers who are willing to try to do the impossible. Bring them to the front of the room. Give 3 volunteers balloons and bamboo skewers. Instruct them to blow up a balloon and poke the skewer all the way through without popping the balloon. Instruct the other 3 volunteers to stick out their tongues and touch their noses. Give them 2-3 minutes to do their impossible task.

After 2-3 minutes have the volunteers report on their success or failures. Give them a round of applause.

You know, the challenges I gave are easier than they seem. Let me show you.

Demonstrate blowing up a balloon and poking a bamboo skewer from the thick bump at the top down through the space near the knot.

Demonstrate sticking out your tongue and touching your nose with your finger.

Who can tell me what determination is? Determination is the ability to make difficult decisions and accomplish God's goals based on the truths of God's Word, regardless of the opposition.

My volunteers were very determined, but my assignments were kind of tricky. Even the most determined person might never figure out the secret to pushing a skewer through a balloon.

Did you know about 50 years ago the country of Tanzania had a marathon runner? A marathon is a 26 mile (42 kilometer) race! His name was John Akwhari and he was so good at running that Tanzania sent him to the Olympic Games in Mexico. Can you imagine how exciting it would be to fly half way around the world to run a race against the best runners from other countries?

To make things even more exciting, the men's marathon is traditionally the last event of the Olympic Games and it ends in a huge stadium filled to the top with spectators. John Akwhari started the race with 75 other runners, and all of them knew this would be a particularly tough race because Mexico City is 7545 feet (2300 meters) above sea level! Did you know that the higher you go above the level of the sea, the less oxygen there is in the air? Athletes like marathon runners really need plenty of oxygen to keep their muscles strong and active. Poor John got a leg cramp early in the race because of the high altitude. He did not stop though, he kept running.

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BIBLE LESSON • INTERACTIVE

After running about 20 miles John was still in a pack of other runners who were trying hard to get in front. They got tangled up and many of them fell down. John Akhwari dislocated his knee and gashed his knee and bruised his shoulder. Medics came and bandaged him up. They encouraged him to stop running. but John did not stop. He kept running.

Meanwhile in the crowded stadium a marathon runner from Ethiopia entered the final race track and won the gold medal. One by one other runners came in and finished the race, 56 in all. 18 runners never entered the stadium, they had given up. The spectators were tired and hungry and most of them left the stadium. The sun set and it became dark. Even the camera crews left the stadium.

Then about 3 1/2 hours after the marathon started a solitary man with bandages and a very bad limp hobbled into the stadium. The camera crews rushed back to capture the moment when John Akhwari, the runner coming in last place, crossed the finish line. When they asked him why he kept running through such punishing circumstances, John Akhwari said, "My country did not send me 5,000 miles to start the race. They sent me 5,000 miles to finish the race."

John Akhwari is not known and celebrated for earning an Olympic Gold medal, he is respected and admired because of his incredible determination. A news reporter wrote, "Today we have seen a young African runner who symbolizes the finest in the human spirit, a performance that gives true dignity to sport, a performance that lifts sport out of the category of grown men playing a game, a performance that gives meaning to the word courage. All honor to John Stephen Akhwari of Tanzania."

DISCUSSION QUESTIONS

1. What are some every day tasks that require determination?
2. What are some spiritual tasks that require determination?
3. Why is determination important?
4. How did John Akhwari show determination?
5. What are some benefits of determination?
6. What does our verse say about determination?
7. What does our verse say about a reward?

SIMPLIFIED LESSON OPTIONS

- Tell just the story without the object lesson.
- Ask 3-4 of the simpler discussion questions.

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• CRAFT •

OBJECTIVE: RING AND STICK GAME

An East Indian game that requires determination!

MATERIALS PROVIDED BY EM

- Scissors, staplers, hole punches

DIRECTIONS

- Cut cardboard tubes into 1 inch lengths, two per child
- Overlap ends of cardboard and tape to create a 3 inch diameter circle.
- Punch a hole in the ring and tie one end of the string to it.
- Tape the other end of the string to a new (unsharpened) pencil.
- Wrap tape diagonally along the pencil to hide the string and decorate the toy handle.
- Decorate toy with markers and stickers
- Hold the handle, toss the ring and catch it on the stick

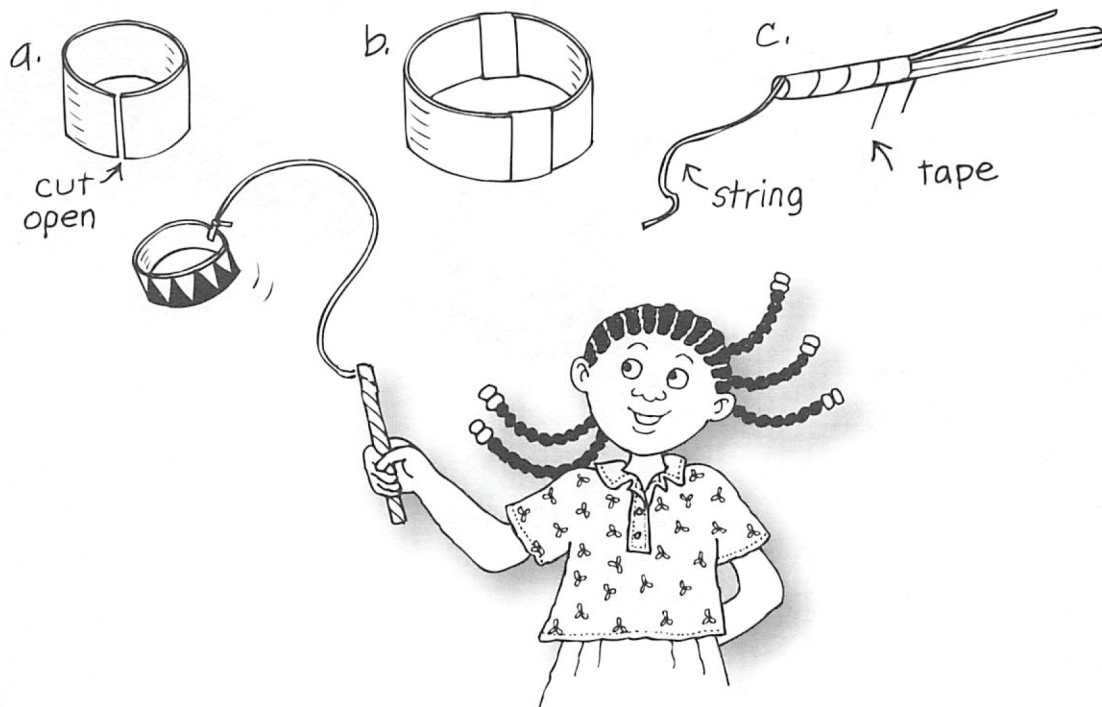
MATERIALS BROUGHT BY TEAM

- Toilet paper tubes
- Markers
- String
- Colorful tape
- Pencils, unsharpened (one per child)
- Small stickers (optional)

SIMPLIFIED CRAFT OPTIONS

- Pre-cut the cardboard tubes
- Pre-tape the circles

EXAMPLE



DETERMINATION

Lesson 8

• GAME •

OBJECTIVE: CUP STACKING

Teams race to assemble a pyramid out of cups, then collapse the pyramid, then build it again, and again!

MATERIALS BROUGHT BY TEAM

- Plastic cups, 15 per team

INSTRUCTIONS

- Divide kids into several teams.
- Teams line up
- Place a stack of 15 cups across the play area from each team
- The player 1 on each team races to the cups and stacks them in a pyramid (5 on the bottom, 4 on the next row, then 3, 2, 1)
- The player 1 races back and the player 2 collapses the pyramid and stacks the cups in a single stack.

- Player 2 races back and player 3 races to create another pyramid.
- Game continues with building and collapsing pyramids
- First team to finish wins!



SIMPLIFIED GAME OPTIONS

- If the play area is small have each player do 10 jumping jacks before building or collapsing the pyramids
- Play a simple game of tag.

