

The Faith Race

(By Teri Johnson-Frow - Inspired by Hebrews 11:1–12:2)

You will need:

- A small backpack
 - Toy crown or medal
 - Several small props that match Bible “heroes” (see Meeting the Faith Heroes section for ideas).
- A “race track” space (could just be a line of tape on the floor or a path between chairs)

1. Setting the Scene

Hold up the backpack and look excited. Put it on your back or ask one of the kids to wear it.

“Today we’re going on a big race! But this race isn’t just about running with our legs — it’s about running with our hearts, trusting God the whole way. The Bible says faith is believing God’s promises, even when we can’t see them yet.”

Invite kids to line up behind you. Everyone pats their knees like running feet as you start walking along the “track”.

2. Meeting the Faith Heroes

As you walk along the track, stop every so often and pull out a prop. Only do as many as your kids will be able to stay engaged for. I’ve included a sample of ideas below but feel free to choose your own. Try and choose bible characters your children are familiar with.

Stop 1 – **Noah** *(Pull out toy boat or animal)*

“This is Noah. God told him to build a big boat because a flood was coming. Noah trusted God, even though the sun was shining. Let’s pretend to hammer the boat!”
(Everyone makes hammering actions)

Stop 2 – **Abraham & Sarah** (*Pull out small tent or blanket*)

“This is Abraham and Sarah. God told them to move to a new place they had never seen before. They trusted God and packed their tent. Let’s pretend to carry our bags!” (*Everyone mimes carrying a heavy bag*)

Stop 3 – **Miriam** (*Pull out basket*)

“This is Miriam, Moses’ big sister. She watched over her baby brother in the river and trusted God to take care of him. Let’s pretend to peek over the water.” (*Everyone shades eyes and looks around*)

Stop 4 – **Moses** (*Pull out staff*)

“This is Moses, all grown up! God told him to lead His people through the water. He trusted God to make a way. Let’s pretend to hold a big stick and walk through water!” (*Everyone marches*)

Stop 5 – **Boy with loaves and fishes** (*Pull out bread*)

“This is a boy who shared his lunch with Jesus. It didn’t look like enough for everyone, but he trusted Jesus — and Jesus fed a huge crowd! Let’s pretend to share our lunch.” (*Everyone passes the bread prop around*)

Stop 6 – **Mary** (*Blue cloth*)

“This is Mary, the mother of Jesus. She trusted God when He told her she would have a very special baby. Let’s smile and hold our baby Jesus.” (*Kids pretend to rock a baby*)

3. Our Turn in the Race

(*Reach the finish line and pull out the crown or medal*)

“Now it’s our turn in the race! The Bible says we keep our eyes on Jesus, because He is with us and will help us all the way. Let’s run on the spot and shout together: “Yay Jesus!”

(*Do it twice — kids love the repeat*)

4. Prayer

(Pass the crown or medal around the circle)

“When you hold the crown, you can say, ‘Thank You, God,’ or just hold it quietly. We thank God for the people who trusted Him before us, and that we can run our race with Him.”

5. I Wonder Questions

Use these during free play or after the story to encourage conversation:

- I wonder what faith feels like inside?
- I wonder why the people in the Bible kept trusting God, even when they couldn't see what would happen?
- I wonder which hero in our story you liked the most.
- I wonder how we know when God is leading us somewhere?
- I wonder how God helps us when things feel hard?
- I wonder what God might be asking us to do today?

Add free-play stations or activities as appropriate for your kid's ages & stages