

# FESTIVAL YOUTH INSTRUCTION 2025

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GRADES 3-6



# LESSON ONE

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Dear Teachers,

Thank you for volunteering your time to help our children learn about God and His plan for us. These lessons are written so that someone who has never taught a youth instruction class could easily do so. Those who have taught before may have better ideas for the crafts and coloring pages. If so, please feel free to use those. Please note that you do not have to read word for word on these pages, however, we would ask that you would please keep to the theme and topic of these lesson plans. May you have a wonderful Feast of Tabernacles!

*The Education Team*

**Objective:** Students will learn that in this life we are in training—like for a race—to grow in Christ-like character so we may receive the prize of eternal life. **1 Corinthians 9:24-25, “And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown.”**

**Materials:** Example of a Greek leaf crown. Small prizes (candy, stickers, etc.), empty egg cartons (enough for each team), dried beans (or similar items) and plastic spoons (enough for each player, plus spares). Copies of reproducibles (racing bib, trophy and scriptures), crayons or colored pencils and scissors (or pre-cut items before lesson).

**Say:** Hello everyone and welcome to the first Youth Instruction class at the Feast. We are happy that you could join us today. First, I would like for you to watch a short video this morning called “Become an Ironman.” This is not the Tony Stark Ironman in the movies. It is something totally different. Let’s watch to find out!

**Teachers:** Please show this 2 minute and 5 second video to your kids. It would be nice if you could put it on a computer screen, but it would also work playing on a tablet or smartphone. If you have a large group of kids, see if your assistant teachers could bring their smartphones to use too. You can find this video titled: Become an Ironman at YouTube. The link is: [youtube.com/watch?v=i8Y\\_QreVPjA](https://www.youtube.com/watch?v=i8Y_QreVPjA). Ask the students what they thought of the video after they have viewed it. Allow for some quick discussion.

**Say:** According to Wikipedia, an Ironman Triathlon is one of a series of long-distance races organized by the World Triathlon Corporation, consisting of a 2.4-mile swim, a 112-mile bicycle ride and a marathon 26.22-mile run, raced in that order. It is widely considered one of the most difficult one-day sporting events in the world.

Can you imagine competing in a race like that? I bet the athletes must train their bodies physically for a long time to prepare for that one race! I also imagine that those same competitors need to be mentally strong to endure a race like that. The current World Record for fastest time was achieved by a British man, Tim Don. His time was 7 hours, 40 minutes and 23 seconds (7:40:23). Can you believe that?

**Ask:** Can anyone think of any other races besides an Ironman? (Possible answers: track and field race, boxcar derby race, low or high hurdles, 100-yard dash). Yes, those are all types of races. Has anyone ever watched the Summer Olympics? They have all types of races during their track and swimming events.

Other events at the games are relay races where a group of people, usually four individuals, each run a section of the track and pass a plastic baton to the next participant on their team. The first group to complete the race wins! If you have ever participated in or watched a race, they can be extremely exciting! For the Olympics and the Ironman competition the athletes have trained for many years to become an expert in their sport. And at the end of each event someone is awarded a medal for first, second and third place! Today, we cannot compete in an Ironman race, but we can compete in a different type of race.

## DROP THE BEAN RELAY

**Teachers:** Allow around 5-10 minutes for the race depending on the size of your class. Let the kids race twice if you think you have the time. To set this relay up, start by dividing your players into teams. Each team should be lined up one person after the other. Each team member should have a plastic spoon and a dried bean. Next, each player will place their dried bean in their spoon. Next, place an egg carton (lid removed) one for each team on the other side of the room across from each team. The first player from each team starts the game by racing to the other side of the room where the egg carton is located. Once the child stands in front of the egg carton they will need to drop the bean from waist height, (they must not bend over) into one of the carton's cups (decide in advance whether second chances are allowed if a player misses). The game is over when one team has successfully dropped a bean into each cup in their egg carton. Hand out a sticker/candy or other small prize to the team who finishes first.

**Note:** You may use other small items to drop into the egg carton if you don't want to use beans. If you have a better idea for a type of race that would be better suited for your classroom and kids please feel free to incorporate that instead of the above suggestions!

**Ask:** Did you enjoy this race? Why or why not? Did you find any part of the race difficult? Was it too easy? Did you make any mistakes? Did you communicate with one another? Was it hard to work with others? Were you concerned that you would not finish the race? (Allow time for discussion.)

**Ask:** Did you feel good about just finishing the race? Would it have been okay not to try or even give up halfway through because you thought you might lose? (Allow time for discussion.)

**Say:** I think you all did an awesome job, so you all receive a prize for finishing your race today! (Teachers: Hand out the prizes to the rest of the children.)

**Ask:** Do you think the prize you just received will last forever? (Allow time for discussion.)

**Say:** That's right, the prizes you won today are just temporary—they are made up of physical materials that can and will eventually decay. The apostle Paul used the example of the Grecian games—much like the Olympics we have today, to show the people of his time that our life is like a race. When an athlete won first place in those games they did not receive a ribbon or medal. Instead they received a "stemma" (Greek word for crown) made from leaves. (Teachers: Show the picture of the Greek leaf crown). Paul said the following in **1 Corinthians 9:24-25** **"And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown."**

**Ask:** So, Paul pointed out that we are to obtain a crown or prize that will not fade away or be destroyed unlike the temporary leaf crown of the Grecian games. This crown or prize comes from God. It's His ultimate plan for us! Can anyone guess what that might be? (Allow for discussion. Try to lead the kids to identify that the prize/gift God gives is eternal life.)

**Say:** That's right! The crown that won't perish is eternal life! That is why we are here keeping God's Feast and all His other Holy Days. They are part of our race to the Kingdom! Let's look more closely at the scripture in **1 Corinthians 9:25** **"And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown."**

**Ask:** What do you think the word "temperate" means? It's sort of a hard word—it means showing moderation or self-restraint. If you are preparing to run a race would you go crazy and eat all the cookies, chips and sweet tea you could before and during your race?

**Say:** No, of course not. If you filled up on all that food you would probably throw up during and after the race! A person must pace themselves, eat healthy and drink plenty of fluids so they don't become dehydrated. Paul is telling us to be responsible and prepared in our own life race. But the Bible even takes this idea one step more in **verse 26**. It states: **"Therefore I run thus: not with uncertainty. Thus, I fight: not as one who beats the air."**

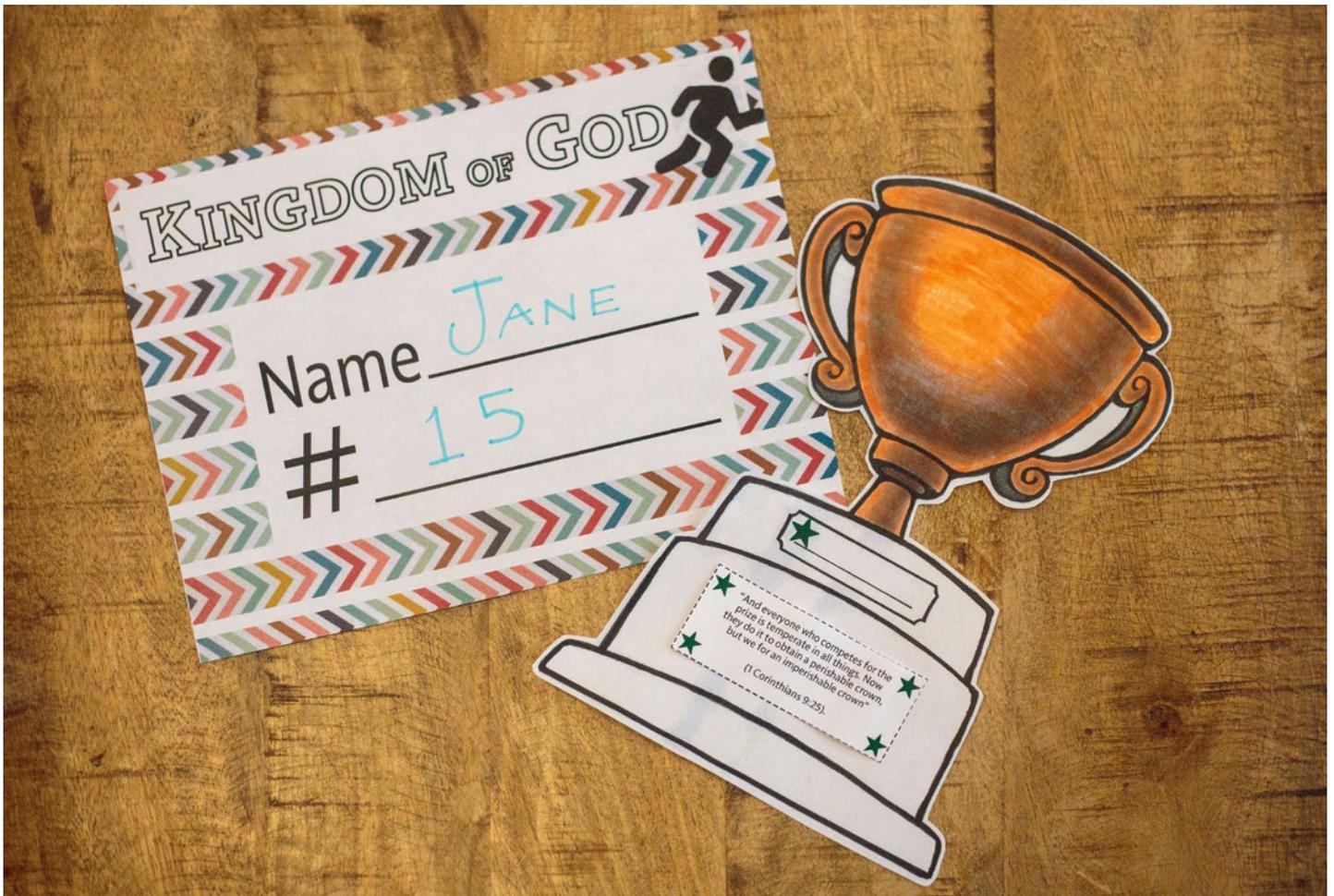
**Teacher:** Have everyone stand up and discuss with the class the idea of running with uncertainty. You might have them act timid and try to run on their tip toes. You could also ask them to spread out and swing their arms in the air. This will probably be funny. You could even demonstrate too. Really exaggerate running on your tip toes and swinging your arms around.

**Say:** Being timid and running a race on your tip toes won't win a race will it? God inspired Paul to teach us that we must be confident in running our race. What helps us to be confident in our life? By studying God's word, obeying His commandments and not quitting our race will help us succeed in our race to God's Kingdom! Let's find out how we should approach our goals and work in life. We will read **Ecclesiastes 9:10 "Whatever your hand finds to do, do it with all your might..."**

**Say:** So, if we want to be successful in life, we must put forth our absolute best effort. If you have homework from school—you strive to do good work in order to obtain a good grade. You would not just turn in an incomplete/unfinished assignment. So, like schoolwork, we must work on our relationship with God by keeping His commandments, Holy Days and festivals. We must spend time with Him every day in prayer and studying the Bible. All these things will help us complete our race to the Kingdom. In our next class we will discuss how to successfully participate in our race for eternal life and the things we can do to help us cross the finish line!

## CRAFT

**Say:** Now we are going to create our craft today. We have two that include a racing bib and a trophy. You can choose to do one or both. For the racing bib you can color it and put your name on it. For the trophy you will need to cut out the scripture and paste it to the trophy. When class is finished, you can take them with you!



# KINGDOM OF GOD



Name \_\_\_\_\_

# \_\_\_\_\_



This page includes 12 Scripture labels for students to color and use with the trophy activity.

★ "And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown"

★ (1 Corinthians 9:25). ★

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# LESSON TWO

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**Materials:** Pencil, paper, index cards (or paper) and a colored red folder for each table. Copies of reproducibles for each child. Glue sticks and scissors (or pre-cut items before lesson).

**Say:** Welcome back! We hope you are having a wonderful Feast so far! In our previous class we discussed that we all have been in different types of races or competitions at school or at church picnics. We all like to win a prize, don't we? No one likes to lose or not get a prize. But God says in **1 Corinthians 9:24** that we must run in such a way that we all could receive the prize.

**Teachers:** It would be most helpful if you could share the short video below with your class. I realize that some may not have the capability, but even if you could have several of your teachers bring their smart phones and show it to the kids that would be great. It would really drive home the theme for this class about finishing our race.

**Say:** We have been discussing the idea of a race. I would like to share with you a video of an actual college track race. I want you to pay close attention to what happens during this race. (Teachers: Play the 2:40-minute video, "Heather Dorniden's Inspiring 600 Meter Race." You can find it at: [youtube.com/watch?v=70UF82nysIU](https://www.youtube.com/watch?v=70UF82nysIU).)

**Ask:** What are your first impressions of this runner after you viewed this video? (Some possible answers might be, "She didn't give up," "Can't believe she finished," "Can't believe she actually won it!") Yes! It was an amazing accomplishment that this athlete achieved.

**Say:** Let's talk about the race that we are all in today. Remember that instead of a foot race, our race is for eternal life in God's Kingdom. What is different between a foot race and our race for the Kingdom is that we do not have to cross the line first, but we must finish the race to receive the prize! We do not have to be the first one across the finish line—God wants all of us to finish! God's desire is to give the ultimate prize of eternal life to everyone who repents, becomes baptized and strives to keep His commandments, Holy Days and festivals. The Bible clearly states this in **Luke 12:32**, "**Do not fear, little flock, for it is your Father's good pleasure to give you the Kingdom.**"

## ROADBLOCKS AND OBSTACLES

**Teachers:** You can split up your kids into little table groups. Ideally, it would be nice to have at least two to four kids in each group, you could have more. At each table you should have a pencil, paper and a colored red folder that is titled "Roadblock or Obstacles." Within this folder you should place four index cards or regular sheets of paper with the following scenarios:

**Roadblock 1:** At school you have been bullied by another student on several occasions. This student has called you names and has smacked you in the back. What should you do? Allow the students to have three minutes to discuss possible solutions. Possible answers: Fight, nothing, tell your teacher, tell your parents.

**Roadblock 2:** Your friends invite you to go trick or treating and you wish you could. What should you do? Allow the students to have three minutes to discuss possible solutions. Possible answers: You could re-read about the origins of Halloween and why we don't observe it. Talk to your parents. Sneak out and go without your parents knowing.

At the end of Roadblock 2 it would be a good idea to have some of the kids switch to a different table so that they can stretch their legs and interact with a different set of kids.

**Roadblock 3:** Some of your friends in your neighborhood/school/church do not like another kid and never include them in any games or get together. What should you do? Possible answers: You could set a good example and invite

him/her to play in a game with you and the other kids. Or you could tell the other kids that we all need to be kind to others—just like Christ was kind to people. Allow kids to discuss examples of this in their lives.

**Roadblock 4:** You feel frustrated and embarrassed that you are the only one at school or in your neighborhood in this church. What should you do? Possible answers: Use social media and other technology to stay in touch with your friends in church. Talk to your parents, pray to God for help. Allow kids to discuss examples.

**Teachers:** You may have some shy kids so you can help in some of the discussions among the groups. I would even suggest that you have one child serve as a recorder in each group to write down possible answers and another kid who would share his/her table's answers with the rest of the class.

**Say:** Just as the collegiate runner Heather faced an obstacle when she tripped and fell during her race, we too throughout our lives face difficulties, don't we? Sometimes we make the wrong decisions that break God's law. When we break God's law it is a sin. Remember **1 John 3:4** states, **"Sin is the transgression of the law."**

**Ask:** You know that in our country, state and even cities we have certain laws protecting us from harm. Can you think of a law that you need to obey? (Allow time for discussion.)

**Say:** We have street signals that tell us when we can stop and when we can go when we are driving in our cars. If we do not obey them, or we did not even have traffic signals, it would cause many accidents, injuries and maybe even traffic jams where cars could not move. Sin, or the breaking of God's law hinders our race. It slows us down; it can even prevent us from finishing our race if we are not careful! However, if we admit our sins, repent and strive to overcome them, then God will help us get back up and cross the finish line.

**Ask:** God wants all of us to finish the race! If we were on a track team at school, what do you think you would need to do to be able to complete a running race? (Allow time for discussion. Some possible answers could be practice running every day, do stretches, eat healthy, get enough sleep, wear proper running shoes.) Just like a real foot race, in our spiritual race to God's Kingdom, we need to make sure that we are doing all we can to finish.



## CRAFT

**Teachers:** You could hand out the craft page with the acronym "RACE" and have the kids cut out each picture to go with the letters and paste them down while you talk about each letter. You don't have to wait to the end to cut out and glue it down. Or if you have a better idea please feel free to use it instead!

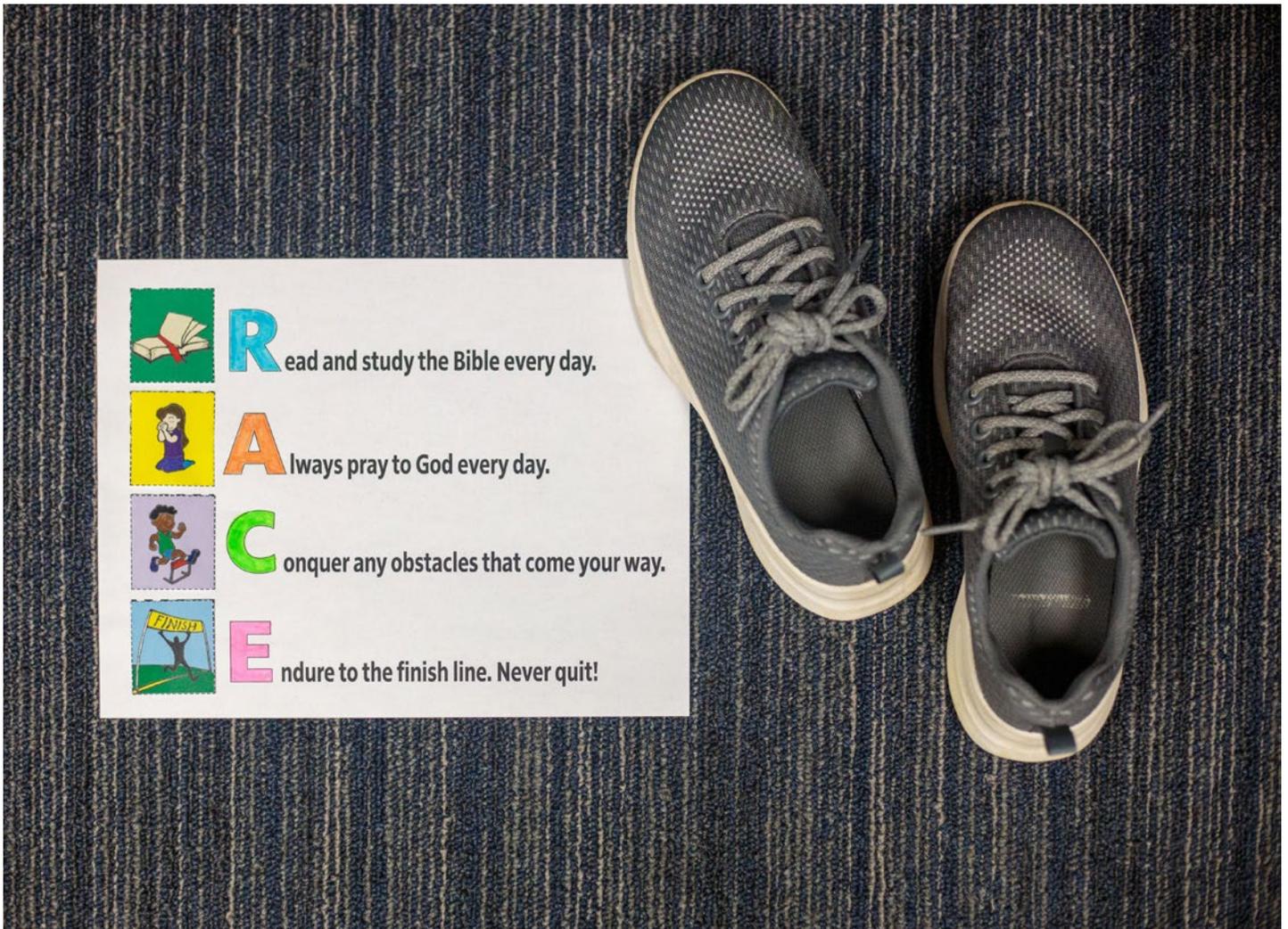
**Say:** Let's look at the word RACE. We can remember the preparations we need to do if we remember this word RACE. The first letter in RACE is "R" which can remind us that we need to READ and study God's word—the Holy Bible every day. This will help strengthen our minds and help us to resist the wrong influences or obstacles that may get in our way during our day to day lives.

**Say:** Next is the letter "A" which can remind us to ALWAYS pray to God for guidance. Just like when you are training to run the hurdles in track, you have to ask your coach to help guide you in how to jump over the hurdles properly, so too, do you need to ask God for His guidance in your life to make the right decisions.

**Say:** Another letter is "C" which can remind us to CONQUER any obstacles which come your way. Our world is so busy. We have school, piano lessons, homework, clubs, video games, sports and even fears or worries that we might experience weekly if not daily. Sometimes our life can get so busy that at times we might forget to stay in contact with God and that makes Him sad. God tells us that we can give Him our burdens/worries or cares to Him because He cares for us! **1 Peter 5:7: "Casting all your care upon Him, for He cares for you."** So in our race when we come across obstacles or problems, we can take those to God, and he promises to help us conquer them!

**Say:** Finally, the letter "E" can remind us to ENDURE to the finish line. Never give up! Don't quit on God. He wants us to finish. **Hebrews 12:1 states: "Let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us."** So, we must never quit obeying God. He wants us all to cross the finish line, not just one person. But we must put forth the effort and follow Him. The apostle Paul tells us in **2 Timothy 4:7, "I have fought the good fight, I have finished the race."** As the Feast comes to an end and we find ourselves traveling back home, remember what you have learned here and like the apostle Paul, finish your race!

**Say:** Today we will be creating a craft that you will be able to take home with you. May you enjoy the rest of the Feast of Tabernacles!



**R**ead and study the Bible every day.

**A**lways pray to God every day.

**C**onquer any obstacles that come your way.

**E**ndure to the finish line. Never quit!

This page includes five sets of four pictures for students to color and use with the RACE activity.

