

Jesus Christ is the full, final and complete expression of God.

There is no identification to tell us who the author of Hebrews was or who they were writing to. We do know that the recipients of the letter were facing persecution because of their belief in Jesus Christ. Their persecution tempted them to shed any identification with Jesus Christ and embrace the ritualistic ceremonies that they were familiar with. The author stresses the superiority of Jesus Christ. They are encouraged to remember the faith of those who have gone before them and to run the race with endurance.

Let's apply that race analogy to our own lives and run a race with our family--an endurance run designed to win the prize.

The Amazing Race

Objectives:	Run a race Encourage each other Have fun with your family
Number of Players:	2 or more
Length:	30 minutes or more
Set up:	<p>Pick an area where you can run/fast walk for several steps (a yard, park, large living room etc.)</p> <p>Mark out a course with a beginning, and at least 3 check points/resting areas, and a finish point. The course does not need to be straight or long. If you are doing it inside, you could pick the starting point as the living room, checkpoint one=kitchen, checkpoint two=master bedroom, checkpoint three=bathroom, and finish point=back to the living room.</p> <p>cut apart the instructions/encouragements on the following page so there is only one instruction/encouragement on each slip of paper. Fold each one, then place several in each of the 3 bowls and put one bowl at each checkpoint</p> <p>place some pen and paper at each checkpoint</p> <p>place a bible at each checkpoint</p> <p>Pick one person to run the race first; assign everyone else as the "cloud of witnesses" Their job is to cheer on the runners and to help them at each checkpoint.</p>
Props	<p>Eggs -- you can use raw if you are outside (makes it more exciting), or you can use boiled eggs.</p> <p>spoons for each runner to carry their egg in</p> <p>3 bowls, one at each checkpoint with the instructions/encouragements in them</p> <p>A Bible, paper and pen at each checkpoint</p> <p>Optional: a prize for each person to receive as they cross the finish line.</p>



FAMILY STUDY

The Play:

Pick one person to run the race first, the other players should choose a checkpoint to stand at and they can be a specific person from the cloud of witnesses if they like (i.e. Moses, Aaron, Angel, prophet, David, grandparent, etc.)

Give the runner a spoon, have them hold it in their teeth and then put an egg on their spoon.

“Ready! Set! Go!”

While balancing their egg on their spoon in their mouth, the runner should head for checkpoint #1. If they drop their egg, they must stop, ask for forgiveness, put their egg back on their spoon in their mouth and continue onto the checkpoint.

Once they have reached the checkpoint, they may set their egg and spoon down until they are ready to go to the next checkpoint.

The “cloud of witnesses” that are at the checkpoint should tell the runner what a good job they are doing and encourage them to run a good race.

One of the witnesses should pick a slip of paper (instructions/encouragement) from the bowl at that checkpoint and read it to the runner.

The “cloud of witnesses” can help the runner in any way needed. If the slip of paper drawn is an encouragement, be encouraging. If it is an instruction, the runner should follow the instructions.

Once the runner has been encouraged and instructed, they need to put the spoon back in their mouth, put the egg back on the spoon and continue onto the next checkpoint. Continue in this fashion until the runner crosses the finish line. Then all the cloud of witnesses should greet the runner and congratulate them on a race well run! (if you decided to give the optional prize to each runner, you can give it to them as they cross the finish line.)

Now, pick someone else to be a runner, and assign the last runner to be one of the cloud of witnesses. Continue on in this manner until everyone has had a turn being the runner.

After the game is over, sit with your family in a circle and discuss how much fun you had. Some questions to consider:

Was it easy or hard to run with the egg on the spoon?

How is that egg on the spoon like sin or something that weighs us down in our race—that keeps us from performing at our best? Is there anything that weighs you down, that you could set aside or cast off in order to run a better race?

What encouragement did you receive today?

How encouraging is it to know that others have run the race before you and others are running the race with you?

What can you do this week to encourage your family members to run a good race?

Discussion:

Prayer:

Close in prayer thanking God for His provision and for all that you have learned and the fun you had with your family.



FAMILY STUDY

Jesus is a better moderator than Moses.	Jesus is a better messenger than the angels. Hebrews 2
Jesus is a better mediator than Aaron or any of the priesthood.	Jesus has a better ministry than the ministry of the old covenant.
Jesus is a better sanctuary than the tabernacle.	Jesus is a better method than repeated animal sacrifices.
You can do it. I did it and made it!	Now faith is the substance of things hoped for, the evidence of things not seen.
Who are the “cloud of witnesses” mentioned in Hebrews 11. Name them all. (you can use your Bible)	Since you are surrounded by so great a cloud of witnesses, put aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, look unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.
If something bad happens, remember: This race is only temporary. We are on our way somewhere else...earth isn't home.	If something challenging or difficult happens, remember: Trials are purifying. God will never give you more than you can handle.
May the God of peace who brought up our Lord Jesus from the dead, that great Shepherd of the sheep, through the blood of the everlasting covenant, make you complete in every good work to do His will, working in you what is well and pleasing in His sight, through Jesus Christ, to whom be glory forever and ever. Amen (Hebrews 13:20)	Write a note of praise or encouragement to one of your family members (it does not have to be long).
Strengthen those who are weaker than you in their faith.	What are we warned will so easily ensnare us? (Hebrews 12, you can use your Bible)