



Passing the Baton

Grades K-2

**Complete this discipleship challenge by
November 27, 2022 to receive 15 tokens.**

Bring the completed Discipleship Challenge to the KidPix store.

Parent signature: _____

(By signing this page, I certify that my child has completed the Passing the Baton Discipleship Challenge.)

Name: _____



Passing the Baton

One of the most exciting events in the Summer Olympics is the relay race. It is also the ultimate example of teamwork and coordination. The idea of a relay race originated in ancient Greece, where a “message stick” was passed along by a number of carriers. In 2012, Team USA broke the 4x100 relay world record when Tianna Madison, Allyson Felix, Bianca Knight and Carmelita Jeter won the gold medal for the United States in a world record time of 40.82 seconds! You can watch the highlights of this relay race here: <https://olympics.com/en/video/team-usa-break-4x100-relay-world-record-highlights>.



While running a relay race may appear simple, there are specific rules that must be followed for passing the baton:

1. Both runners must be running so that they do not lose time.
2. The runner passing the baton must keep running full speed until the transition is completed.
3. The one receiving the baton must start running before he receives it.
4. The runner receiving the baton cannot look back or swerve.
5. Both runners must remain in the same lane.
6. Knowledge of each other's ability is required and the one passing must have confidence in the one receiving the baton.
7. The runner passing the baton has to tell the other runner when to go. If he says “go” too early, he won't have time to catch him and give him the baton.
8. The baton must be passed in a timely fashion. The transition cannot be extended indefinitely because the successful transition must happen within a specific distance called the “exchange zone.”
9. If the exchange is handled properly, it's possible to gain a step in the transition instead of losing a step.
10. Once the baton is exchanged, the one passing the baton does not run alongside the next runner, but stops, catches his breath and walks across the infield to cheer his successor on when he reaches the finish line.

Passing the baton is an actual step in a relay race. But “pass the baton” is also a phrase that can be used when responsibility is passed from one person to another.

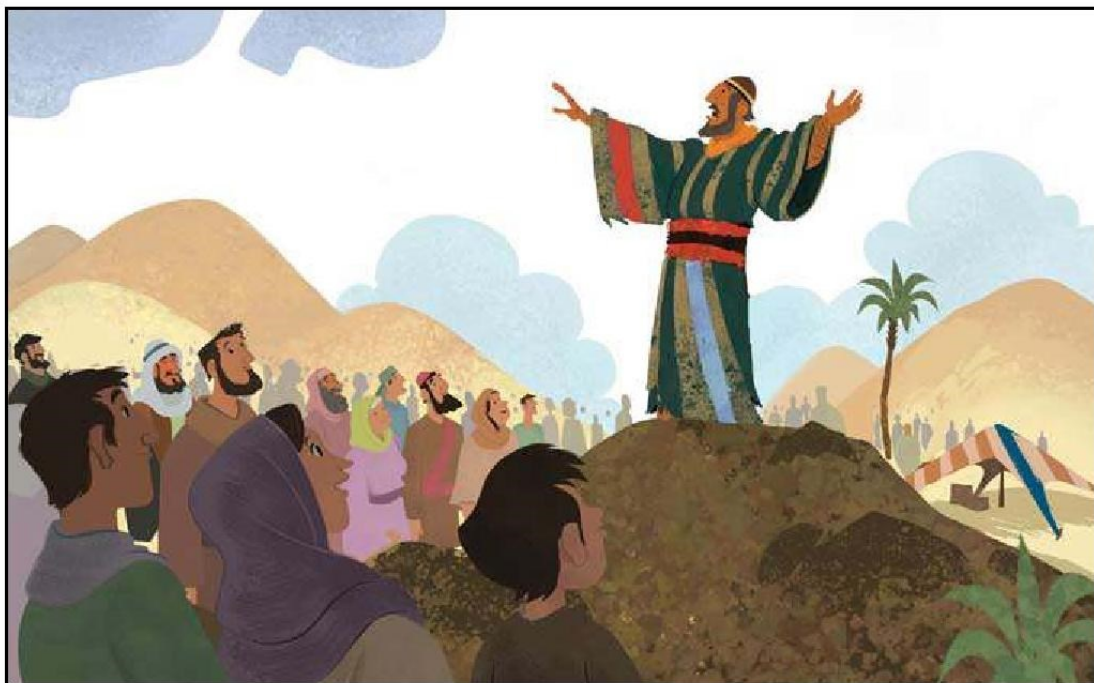
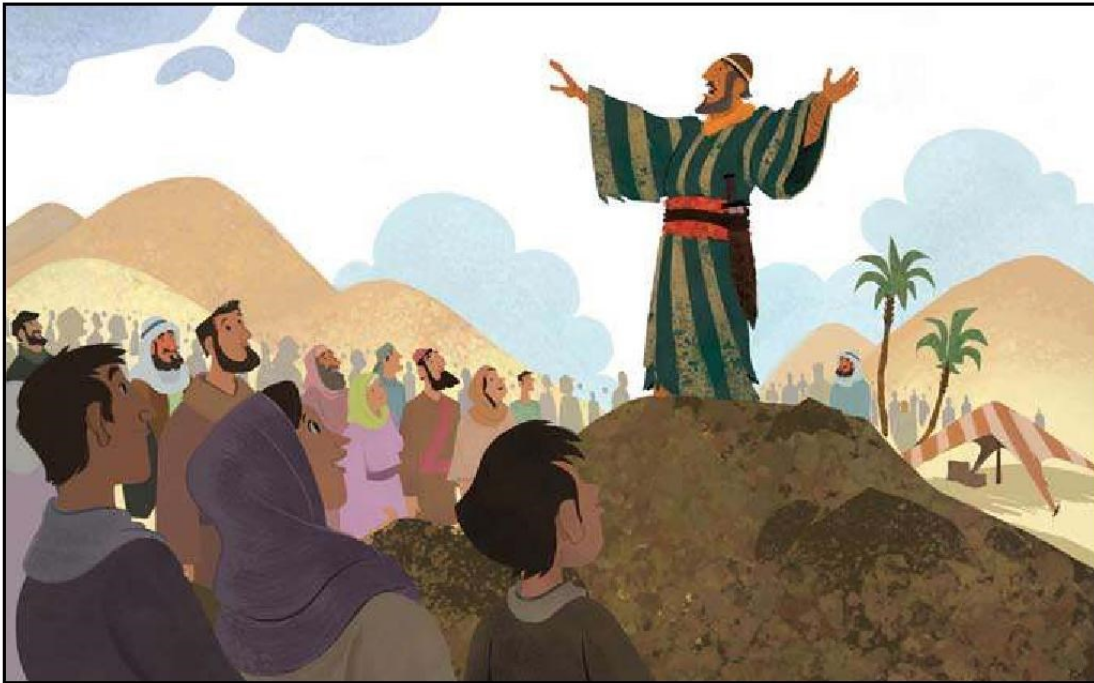
Moses Passed the Baton to Joshua

Moses was an important person in the Old Testament. God called him to rescue the Israelites from slavery in Egypt and lead them to the Promised Land. Moses did as God asked and led the Israelites as they wandered in the wilderness for 40 years. Unfortunately, Moses would only see the Promise Land.

Because he disobeyed God in the wilderness (Numbers 20:1-13), God would not let Moses *enter* the Promise Land. Instead, Moses “passed the baton” of leadership to Joshua, his faithful assistant. Can you imagine following in Moses’ shoes? Joshua faced a huge task, but God promised Joshua He’d be with him.

Joshua Took Moses’ Place Spot the Differences

Compare the picture on the top with the picture on bottom. Circle the 10 things that are different.



Get in the Habit

When Moses “passed the baton” of leadership to Joshua, Joshua was ready! Why? Because he had good spiritual habits. We all have habits. A habit is something you do over and over. Habits can be good, like brushing your teeth, or they can be bad, like being mean to other kids. They can even be gross, like picking your nose! Habits have a way of controlling us, so it is important that we try and develop good ones and get rid of bad ones.



In the box below, make a list of your habits. Put good habits in the green column; bad habits in the red column.

My Good & Bad Habits	

Spiritual habits are meant to help us grow as Christians. They include things like meditating, reading the Bible, praying, worshiping God, fasting and serving others. Joshua was ready to do what God asked of him (even if he was a little afraid), because his good spiritual habits strengthened his faith and relationship with God. Just like Joshua, we can develop good spiritual habits that will prepare our hearts for what God calls us to do in our lives.

Meditation

Thinking About God

When we care about someone, we think about them a lot. We get lost in our thoughts, thinking about their personality, what they like, what they don't like, etc. A very important spiritual habit is meditation. Meditation simply means to think deeply about something. When we think deeply about God—who He is and what He's like—we get to know Him better and begin to trust Him, love Him, and to follow His guidance for our lives.

- What do you think God looks like?
- Where does God live?



Read 1 John 4:8b. God is _____.



Draw some pictures or write some words to show what God is like:

Bible Study

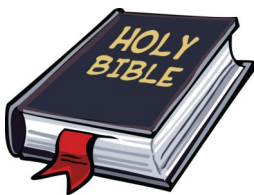
As Joshua began leading the Israelites, God spoke to him and told him to study His “book of instruction” day and night, carefully paying attention to everything written in it. He promised Joshua that if he followed what it said, things would go well for him (Joshua 1:7-8).

God speaks to us through His Word, the Bible. It is God’s special book for us, and we should honor Him by taking the time to see what it says! The Bible is packed with exciting events, but these are more than just stories. This is God’s love letter to us. Many times we just read the Bible because we think we have to or we are told to. We don’t stop and read a verse to find out what it means or why God wrote it. If we don’t read our Bible, we won’t know what God is telling us about how to live for Him if we don’t read what the Bible has to say. Developing a spiritual habit of reading the Bible will help us to know God, what He desires for us and all that He has promised!



Read 2 Timothy 3:16-17.

- Where does all Scripture come from?
- What is Scripture good for?



Read 2 Peter 1:20-21.

- Does Scripture come from the will of man?
- Who “inspired” or “carried” men to write the Bible?

Did you know?

Some people claim the Bible was merely written by men. But in many places, the Bible claims to be the very Word of God (2 Timothy 3:16). The following points are consistent with the truth that the Bible was not written only by men, but was inspired by the all-knowing Creator God.

- Throughout history, many have tried to destroy the Bible—one Roman emperor even attempted to burn all known copies of it! Yet it remains the most-read book of all time.
- More than 40 men wrote the 66 books of the Bible over a period of 1,600 years, yet the Bible has the same message from beginning to end. Some claim the Bible contains many unresolvable contradictions, but all these claims have been shown to be false.
- The Bible makes many specific predictions that have since come to pass; and when it touches on scientific things, it is totally accurate.
- Archaeological finds continue to confirm what the Bible says about historical events.
- The Bible’s teachings have been the foundation for many great nations.
- The Bible’s message of the Creator who became our Savior has transformed countless lives. It is completely honest about the sinfulness of man (including those seen as “heroes of the faith”) and gives all honor and glory to the holy and faithful Creator God.

My Bible Study

DATE

1

Pray

Ask the Lord to help you get to know Him more as you read and study His Word.

2

Bible Reading

What Bible verses am I reading today?

3

Learn

What can I learn about God from these scriptures?

4

Application — How can I apply what I've learned to my life?

5

Questions?

Is there something I don't understand?
A word I don't know? Write it down for later study.

6

Scripture Memory

A verse to memorize is:

7

Respond

Thank the Lord for what you learned in this Bible study time. Ask the Lord for help in areas of your life where you need His help. Maybe there's a sin that you need to confess, ask forgiveness for and repent of. Consider others that are in need of prayer.

Prayer

Think about your best friend. How often do you talk with him or her? How good do you think your friendship would be if you never talked to one another? Communication is important for a friendship to thrive and grow. The same thing is true for your relationship with God. If you never talk with God, you will never experience the fullness of your relationship with Him. Prayer is the way we talk with God. When you love God, you make a habit of praying to Him.

C.H.A.T. with God

Prayer doesn't have to be formal or a scary thing—it's simply a chat with God!

C Stands for Confession

Confession is when we tell God how we have sinned—the ways we have turned away from following Him. By confessing to God, we show Him that we trust Him with everything. Knowing that He will still love us no matter what we confess, will bring us closer to Him. By confessing first in our prayers, we experience a closer relationship with God, and we know we can trust Him with our requests.

H Stands for Honor

God loves our worship. When we honor Him with our prayers—especially after confessing—it is pleasing to Him. We declare what we know to be true about Him! Honor statements generally start with “God, you are ____.” And we tell Him truths we know about Him from the Bible!

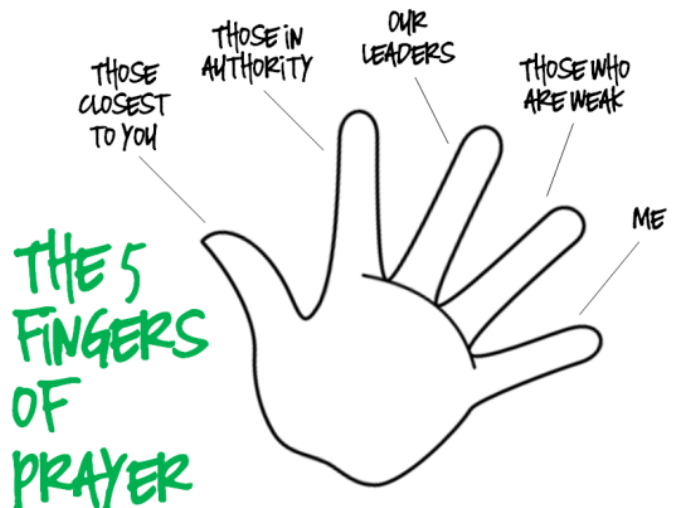
A Stands for Ask

God says we can ask for anything in His name—and asking is usually the first thing we think of when it comes to prayer. Asking is when we lay our requests before our God. This comes after we have built trust in confession and recalled His attributes in honor.

T Stands for Thanks

Saying thank you to God should come naturally. End your prayers with the things you are thankful for. This could be anything from answers to prayers, things they you see in nature, your family, and even small things that you delight in, like ice cream!

Not sure what to pray about?
Follow the 5 fingers of prayer:



Worship

Praising God

Worship is a spiritual habit. Worship is our hearts response to the truth of who God is and what He has done for us. Worship goes beyond head knowledge about God to a heart connection with God. We worship God in church with songs of praise, but that is just one part of worship. Worship can happen anywhere and at any time, regardless of the circumstances of our lives. Worship can happen when we sing, when we pray, and when we show love to others.



Read Psalm 100

- Write a verse from the passage that you want to remember:
- Write a reason to praise God that you see in the Psalm:
- Write something from the passage that you think is important:

The Book of Psalms

- The Book of Psalms is the third longest book of the Bible
- Many of the Psalms were meant to be sung
- The key word in the Psalms is “praise” which appears 211 times
- King David was inspired to write at least 75 of the Psalms



GOOOAAALLL!

In 2015, just 16 minutes into the game, American Carli Lloyd scored for the third time during the Women's World Cup final against Japan. The crowd went crazy. But no one showed more excitement than the game's announcer, Andres Cantor. Mr. Cantor yelled, “GOOOAAALLL” for 38 seconds! (You can hear it here: <https://youtu.be/4MBRcko5nWY>).



Why did the crowd go crazy and Mr. Cantor yell for so long? Because they were excited! They were amazed by what they saw. They could not hold back their enthusiasm and joy!

That's the same feeling we should have when we worship God. When we worship God, we are expressing our excitement about who God is and all that He has done!

Fasting

Give up and Feast

The spiritual habit of fasting is one that may be something new to you and your family. When we fast, we give up something for a period of time so we may focus on God and intentionally spend more time with Him. It is meant to help us focus on God and remember that He is the most important thing. He is all we need! Most of the time, when people talk about fasting, they are talking about giving up food for some period of time. But fasting does not have to be limited to food. We can give up anything that is a distraction in our lives and make room for God to pour Himself into us so we can grow closer to Him.



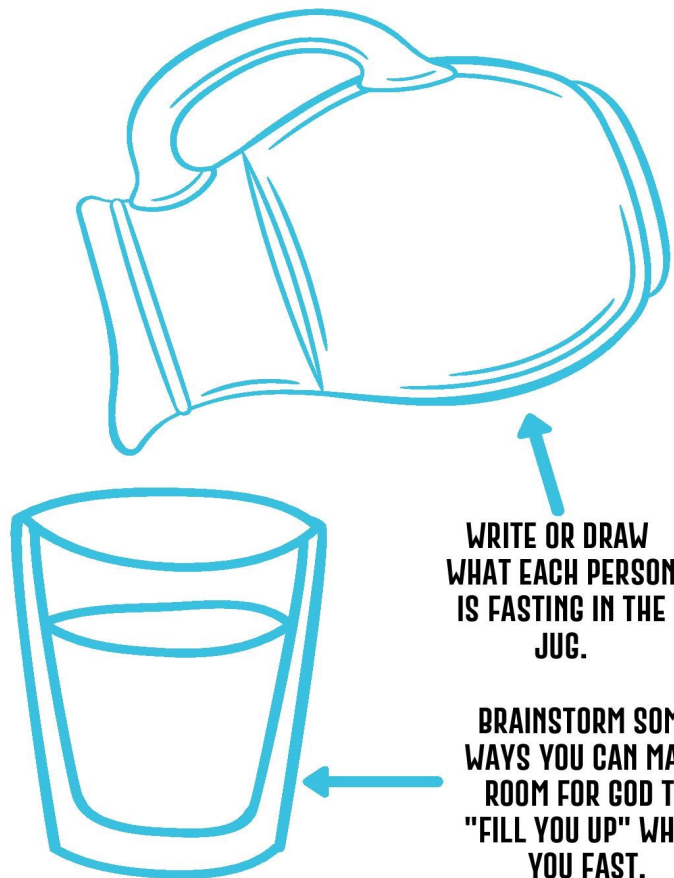
As a family, discuss fasting. Rather than giving up healthy foods, discuss other things you might be able to give up, such as:

- Screen time on your tablet, phone or computer
- TV, video games or movies
- Junk food or sugary treats
- Arguing and complaining
- Social media
- A game or toy

Also determine when/how long you will fast. It can be for a period of time (for example a week,) or on specific days (for example, each Monday). Find a time in which you can feast on God while you are fasting from other things!

prayer & fasting

Prayer commonly goes with fasting. The point of fasting is not just to “give up.” It’s not about self-discipline, will-power or control. It is about drawing closer to God. Fasting must be centered around God. We are meant to fill the empty time or space with something that helps us focus on God and our relationship with Him. If we fast for any reason other than focusing on God, it is not a *spiritual* habit.



**WRITE OR DRAW
WHAT EACH PERSON
IS FASTING IN THE
JUG.**

**BRAINSTORM SOME
WAYS YOU CAN MAKE
ROOM FOR GOD TO
"FILL YOU UP" WHILE
YOU FAST.**

Service

Love God, Love Others

As we develop and strengthen our spiritual habits, we will grow closer to Jesus. Ultimately, we want our lives to look like His. Jesus told us that the greatest commandment is to love God with everything we've got and love other people (Mark 12:30-31). We can't just say we love God and others...we must put our love into action. A spiritual habit of service means we have an attitude of obedience to love and care for other people. God has given each of us special gifts and talents that we can use to serve others.

Read 1 John 3:18. Describe how we are to love:



Read Matthew 20:28. Did Jesus come to serve or be served?

God calls us to be generous with our time and talents.

Our Time

- What are good ways to spend your time?
- What are bad ways to spend your time?
- How can you spend some of your time serving others?

Use a calculator to discover how many hours, minutes, and seconds are in...

- A day: _____ hours _____ minutes _____ seconds
- A week: _____ hours _____ minutes _____ seconds
- A year: _____ hours _____ minutes _____ seconds



Our Talents

- What special talent, like singing, drawing, baking, listening or playing soccer has God given you?
- How can you bless others with that talent?

Colossians 3:23-24

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

Series Memory Verses

Psalm 31:3

Since you are my rock and my fortress, for the sake of your name lead and guide me.

Psalm 121: 1-2

I lift up my eyes to the mountains—where does my help come from? My help comes from the LORD, the Maker of heaven and earth.

Ephesians 4:29

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Romans 5:8

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

Philippians 4:19

And my God will meet all your needs according to the riches of his glory in Christ Jesus.

Colossians 3:12

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

Galatians 5:1

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

2 Corinthians 5:17

Therefore, if anyone is in Christ, the new creation has come. The old has gone, the new is here!

1 Peter 2:9

But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.

Psalm 18:29

With your help I can advance against a troop; with my God I can scale a wall.

1 Thessalonians 5:16-18

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.