



Activity: Excess Baggage

- **Teaching Goal:** Satan wants to keep us from living a Godly life.
 - **Scriptures:** Hebrews 12:1-2 Therefore, since we are surrounded by such a cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith. Colossians 3:8 But, now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. 1 Peter 2:1 Therefore, rid yourselves of all malice and all deceit, hypocrisy, envy and slander of every kind.
 - **Materials** Large (oversized or adult) clothing: coat, shirt, pants, shoes **Paper and pencil**, Stopwatch
- Lesson and Discussion:** Words written in **bold** are when the leader is speaking. Feel free to use your own words.
- **A. ACTIVITY #1: Invite a volunteer to read Hebrews 12:1-2. Let's make a list of "baggage" - things we carry around in life that slow us down and keep us from living for Jesus. The list may include sinful thoughts, emotions, words and actions. Invite a volunteer to read Colossians 3:8 and 1 Peter 2:1 and add the bad behaviors included in these verses to the baggage list.**

Baggage

Greed,
Gossip,

Taking something that is not ours,
Holding a grudge,

Disobedience,
Anger,

Envy,
Rage,

Meanness,
Slander

Lying,

Anxiety

Bad words,

Continued....

FAMILY FUN TIME ACTIVITY

....Continued Lesson and discussion:

- B. ACTIVITY #2: After discussing the list, run a race. Create an obstacle course using, chairs, boxes and other items. Have a starting line and finish line. Time each person as they race through an obstacle course. After each person has raced wearing their normal clothes, let them race again, but this time have them wear the oversized clothing. (Adults may try racing in undersize clothing, small shoes, etc.) Time the second race with different clothing and compare the time from the second race to the time from the first race.
- **Did you run faster when you were wearing your own clothes or when you were wearing someone else's clothes?** *Listen.* My own clothes. **What was it like to race while wearing someone else's clothes?** *Listen.* Harder. Slower. Awkward, I tripped. **The large clothing represents "baggage," the list we just made, things that slow us down and keep us from living a Godly life.**
- Invite a volunteer to read Hebrews 12:1-2 again. **Let's throw off the extra clothes that represent bad thoughts, actions and words...things that slow us down, entangle us and keep us from living for God. Instead let's run in our regular clothes and keep our eyes fixed on Jesus.**
- Close in Prayer
- Pass It On: Make an extra copy of this lesson and *pass it on* to another family.