



Welcome back Lockdown Lookouts...

I've managed to sort out all the rubbish I had dumped on me last week! I'm smelling a bit better now. Plus it gave me time to realise that all those things I thought would make me friends with God - won't! Only Jesus can make me right with God, which is why knowing him is so brilliant!

But as I look at my life, I realise I want to know Jesus more. I am not always like Jesus in the things I do. What should I be doing as a follower of Jesus?

Can you help me understand the next part of his letter to the Philippians?

Yours

Jail Bird Joe

Opening Prayer

'Dear Heavenly Father, help us to know you better as we read from the Bible now, and to love Jesus more. Amen.'

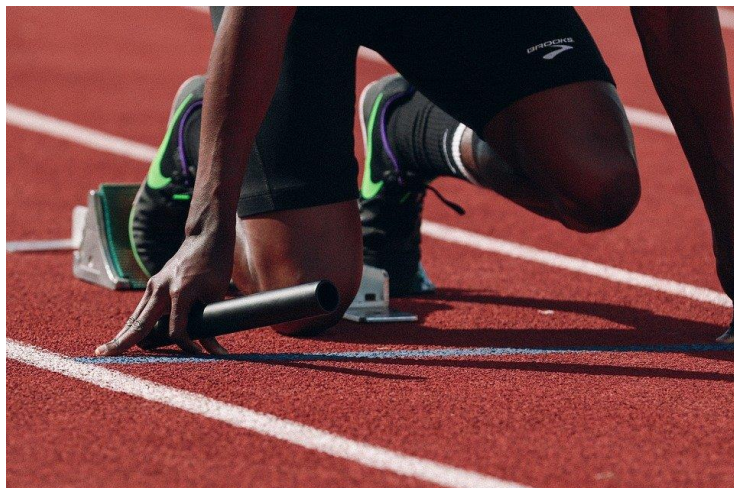
Challenge

Running Race

In a garden or park, set out a running course. Have a start line, and a finish line - maybe you could have a piece of wool which could act as the finish line which you could run through. If you can - maybe have a biscuit as a treat for the prize of finishing.

Run the course and see how quickly you can do it. Keep going until the finish line - don't give up!

Then do it again, but add some obstacles - maybe something you have to jump over, or dodge. Maybe someone can try to put you off? Can you keep going until the end! What does it feel like to win the prize!



Today, we are going to see what the Apostle Paul says about the race that all Jesus' followers are in!

Read Philippians 3:10, 12-15

10 I want to know Christ - yes, to know the power of his resurrection and participation in his sufferings...

Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. ¹³ Brothers and sisters, I do not consider myself yet to have taken hold of it.

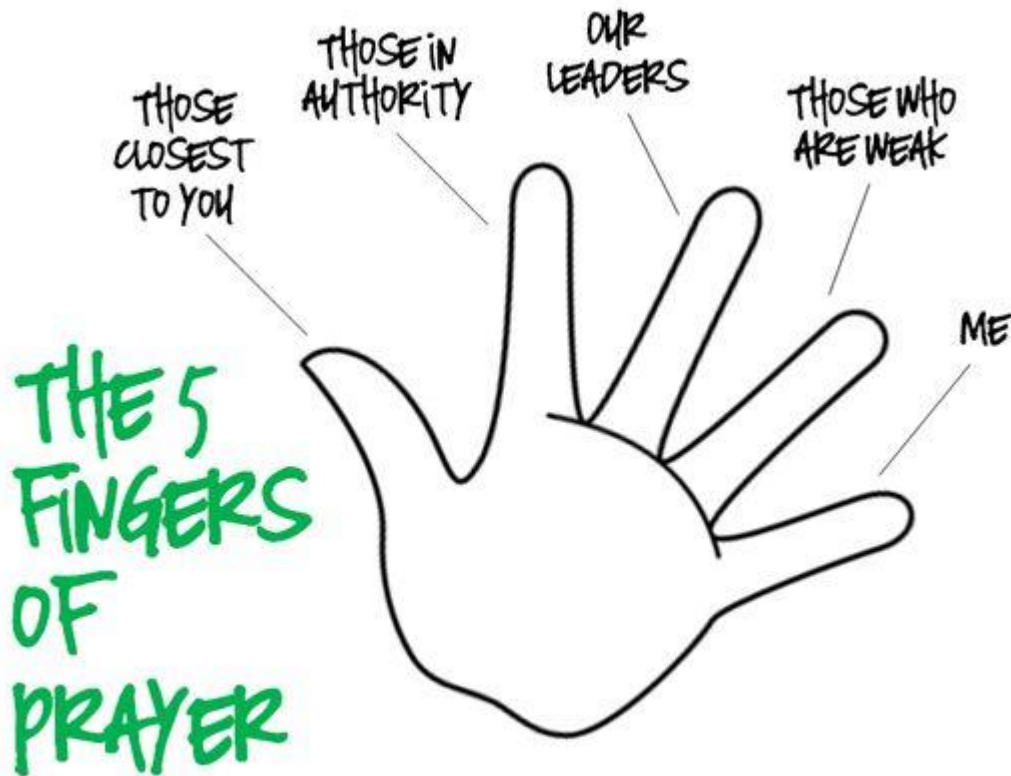
But one thing I do: forgetting what is behind and straining towards what is ahead, ¹⁴ I press on towards the goal to win the prize for which God has called me heavenwards in Christ Jesus.

Chat it through

- **Paul is like a runner in a race. What is Paul running towards? (v12, v14)**
 - He is running towards a goal and a prize. It is like he is in a running race with his life, running to a finish line.
- **What is the prize he is running towards? (v10)**
 - Jesus is the goal and prize! The prize is knowing Jesus better and closer now, growing to be like him more, and then being with Jesus forever.
- **Has Paul reached the prize yet? (v12, v13)**
 - No!
- **Why is Paul sure he will make it to the finish line? (v12, v14)**
 - Jesus has taken hold of Paul to make it possible for Paul to be with him forever. Jesus' death makes Paul finishing the race possible. God's plan (his calling) is that Paul (and all followers of Jesus) make it to the end.
- **But Paul is not there yet. What does he do? (v12, v14)**
 - Like a runner he keeps on running, head fixed on the finish line, giving it all his effort to keep going. With God's help Paul works to keep following Jesus and to live a life which pleases him more and more.
- **How might we help each other 'press on towards the goal', trusting and following Jesus?**
 - When people are finding life hard, reminding them of what Jesus has done and what he is like.
 - Praying for them.
 - Encouraging them that God's ways are good when following them is not easy.
 - Sharing the Bible with each other.

Pray it through

We are going to use our hands again to pray...When it comes to praying for 'me' - pray you will 'keep running the race' trusting and following Jesus every day of your life!



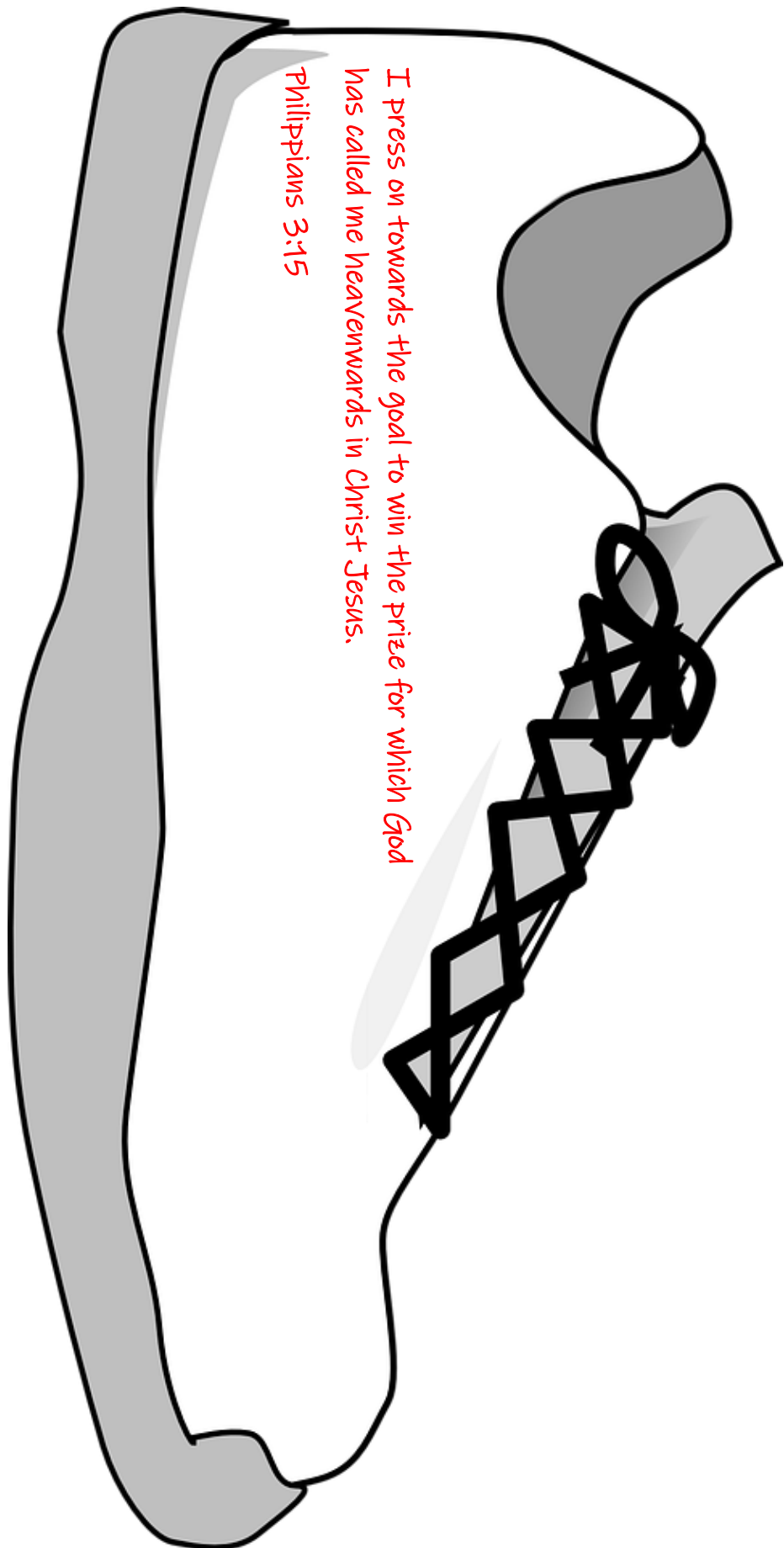
NOW un pause the video on YouTube to continue...

Craft

1) **Colouring Sheet** - click on [this link](#) to find a colouring sheet of our verse today - complete with winner's medal!



2) Running Shoe – Print out this shoe (or trace over it). If possible stick it to some card to make it stronger. Get some wool or string and thread it through where the laces are to act as 3D laces. Colour in your own trainer design!



I press on towards the goal to win the prize for which God
has called me heavenwards in Christ Jesus.
Philippians 3:15