



## Champions in Life At-Home Packet

Session 5—Reach for the Goal! Philippians 3:12-16

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Abingdon Press Faith in Culture (Perfect for VBS)

### 2020 Covid-19 Sharing Guidelines

During this time of crisis when your in-person Vacation Bible School may have been disrupted, Abingdon Press Faith in Culture would like to help you use the resources and media you've purchased in new ways to continue to provide a VBS experience, even if you can't physically be together.



# A CHAMPION'S PRAYER/AFFIRMATION

I'm a champion. I'm winning at life.  
I'll do my best; ready to go in Christ!

I'm running ahead to bring good news,  
The news that God loves me and you.  
It's an honor to run, I'm gonna run to win.  
Lord, guide my feet till I get to the end.

I've got my eyes on the prize and the prize is high;  
Beyond what I know, beyond the sky.  
Reaching for the goal, lifting as I climb;  
Don't want nobody to get left behind.

Help me, Jesus, so I will not fall  
I'll give the effort. You gave your all!  
You reached out to put me on higher ground.  
I once was lost but now I'm found!

I'm a champion. I'm winning at life.  
I'll do my best; ready to go in Christ!

Help me, Lord! Amen.

*But those who hope in the LORD will renew their strength;  
they will fly up on wings like eagles; they will run and not be tired;  
they will walk and not be weary. (Isaiah 40:31)*





## **Bible and Background** Philippians 3:12-16

The goal is the high calling of Jesus Christ.

Paul is proud of his Jewish heritage, listing the benefits of his ethnicity and religious traditions. Yet, he discounts these credentials as trash, saying nothing compares to the knowledge, faithfulness, and righteousness of the Lord, Jesus Christ. Righteousness comes from participating in the sufferings and death of Christ and Paul's goal is to be raised from the dead (Philippians 3:4-11). Paul uses athletic language, connecting with competitive sports audiences. (1 Corinthians 9:24-27, 1 Timothy 6:11-12, 2 Timothy 4:7)

Paul writes that while he has not yet reached perfection, he continues to pursue it in order to grab hold of the goal and purpose for which Jesus grabbed hold of him. He continues to reach for the goal by moving forward and leaving old traditions and values behind. The goal he pursues is the prize of God's upward call in Christ Jesus. Those who wish to be mature should aspire to think that righteousness and perfection come from Christ. If they do not, they should pray for a revelation from God. In the meantime, each should live in accordance to their level of understanding.

Growing up in radically different socio-economic environments, Benita Fitzgerald Mosley and LeBron James each found purpose by reaching for new goals, lifting others as they climbed. A graduate of the University of Tennessee at Knoxville, Benita is the first African American and the first American woman to win a gold medal, "the gift that keeps on giving," in the 100-meter hurdles (1984 Olympics). Having climbed the corporate ladder in sports administration, including Special Olympics and USA Track and Field (first-ever Chief of Sports Performance), she serves as the CEO of Laureus Sport for Good Foundation USA, advocating for sports in the lives of disadvantaged children.

LeBron James entered the NBA right after high school graduation. He has lifted two separate teams to play in the NBA Finals eight consecutive times, winning three championships. This "kid from Akron" founded the LeBron James Family Foundation (2004) "to positively affect the lives of children and young adults through education and co-curricular educational activities."

The foundation partners with the University of Akron to provide \$42 million in four-year scholarships for 1,100 students and with Akron public schools in 2018 opening the 1st-8th grade I PROMISE School that utilizes the foundation's We Are Family wrap-around philosophy for students and their families.

- Both are beneficiaries of the “Lift As You Climb” motto, first articulated by the National Association of Negro Women. Benita built on the educational foundations of maternal grandparents who helped

to establish a high school for African Americans in rural Virginia, Russell Grove in Amelia County (c. 1938), and of a mother who was the first black person in Virginia to be certified to teach Special Education.

In his episodic documentary, *Shut up and Dribble*, LeBron tells his interviewer that without the social justice activity of earlier basketball players like Bill Russell, Oscar Robertson and Kareem Abdul Jabbar, “I’m not sitting here talking to you!”

## Crafts

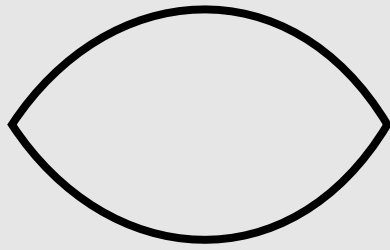
Winners and champions always have something to show for their victories. Even children who play on sports teams often receive some kind of statue. In ancient Greece, it was a wreath. In international games like the Olympics, bronze, silver, and gold medals are awarded. In basketball, members of the winning team get championship rings; in hockey, the team gets the Stanley Cup. In the Christian race, we are pursuing the prize of God's upward call in Jesus Christ, eternal life. Remind students that champions in life stand ready to help others to find their purpose and reach their goals.

## Winner's Wreath

### *Materials/Supplies*

- Paper plates, 9” coated sturdy paper plates, for each child
- Card stock or construction paper in various shades of green
- Pencil
- Scissors





*Instructions—*

1. Draw a simple leaf shape about 2 inches in length, from stem to tip. Try to make one leaf and use it as a tracing model; that way all leaves will be the same size and shape. Or copy the leaf template at right.
2. Cut leaf shapes out of green paper. You will need to make about 40 leaves in various shades of green for each child.
3. Cut out the center of paper plate leaving 1" margin of the outer edge.
4. Cut a 3" section from the side of the plate, for the wreath's opening.
5. Use double-sided tape or a glue stick to adhere cut paper leaves to the paper plate, starting on one side and working around until the area is covered with leaves.
6. Alternate colors of leaves.

# Gold Medals

## *Supplies*

- Metal washers
- Gold cord or ribbon
- Gold and silver paint pens (not markers!), or acrylic paint and paint brush. For silver medals, washers may be the right color.
- Permanent marker

## *Instructions—*

1. Paint the washer gold. Allow time for it to dry before writing or painting words on the metal.
2. Cut a ribbon, 36" long.
3. Tie loose ends together in a knot 1" from ends.
4. Loop the ribbon through the center of the washer. Pull the knotted end of ribbon through the loop to secure the washer to wear as a medal.
5. With the permanent marker, write a positive word or message.



## Heritage Link

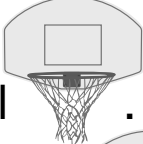
- Ready! Set! GO with GOD! story video. Go to <https://rebrand.ly/Championsinlife>. Click on MP4 Video Files. See Ready Set GO with GOD mp4. Also on Champions DVD.
- Comic Book Story #5, “Reach for the Goal.” Also a read-along story. Champions in Life Comic Book, Vol. 2, page 20.




# Bible Story Reflection

## REACH FOR THE GOAL! (PHILIPPIANS 3:12-16)

Write your name in the blanks.

\_\_\_\_\_ I have not reached the goal  . I am not perfect.


\_\_\_\_\_ I am running toward the goal  .


\_\_\_\_\_ I want it in my hands  because Jesus put his  
hands  on me.

\_\_\_\_\_ I want to do what Jesus wants me to do.

Hey y'all! 

I am not there yet. But I am not going to let anything hold me back.  
There are things I must leave behind.

\_\_\_\_\_ I want to reach the goal  and live for Jesus.

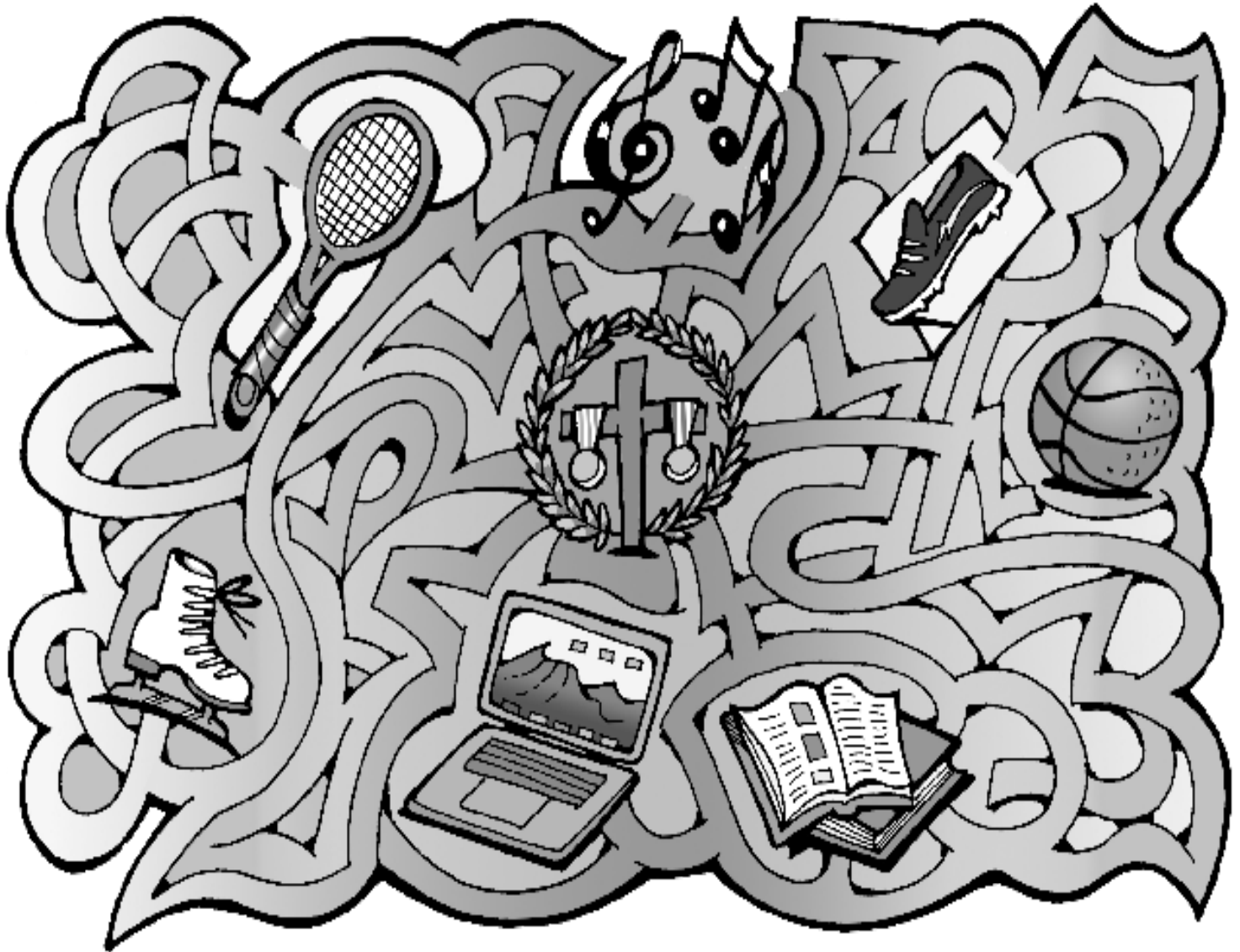
\_\_\_\_\_ I want to be full of Jesus' love  .



# Maze Activity

Jesus is the goal, no matter where you begin!

Find each entry point and trace the path to Christ.



# Bible Blast

## Reach for the Goal! Philippians 3:12-16

Which Bible Verse? Isaiah 40:31, 1 Timothy 6:12,  
2 Timothy 4:7-8, Philippians 3:12, 1 Corinthians 9:24-25

1. It's not that I have already reached this goal... \_\_\_\_\_

2. They will walk and not be weary. \_\_\_\_\_

3. Compete in the good fight. \_\_\_\_\_

4. The champion's wreath... \_\_\_\_\_

5. So run to win \_\_\_\_\_

6. I have fought the good fight. \_\_\_\_\_

7. Fly up on wings like eagles. \_\_\_\_\_

8. Christ grabbed hold of me for just this purpose. \_\_\_\_\_

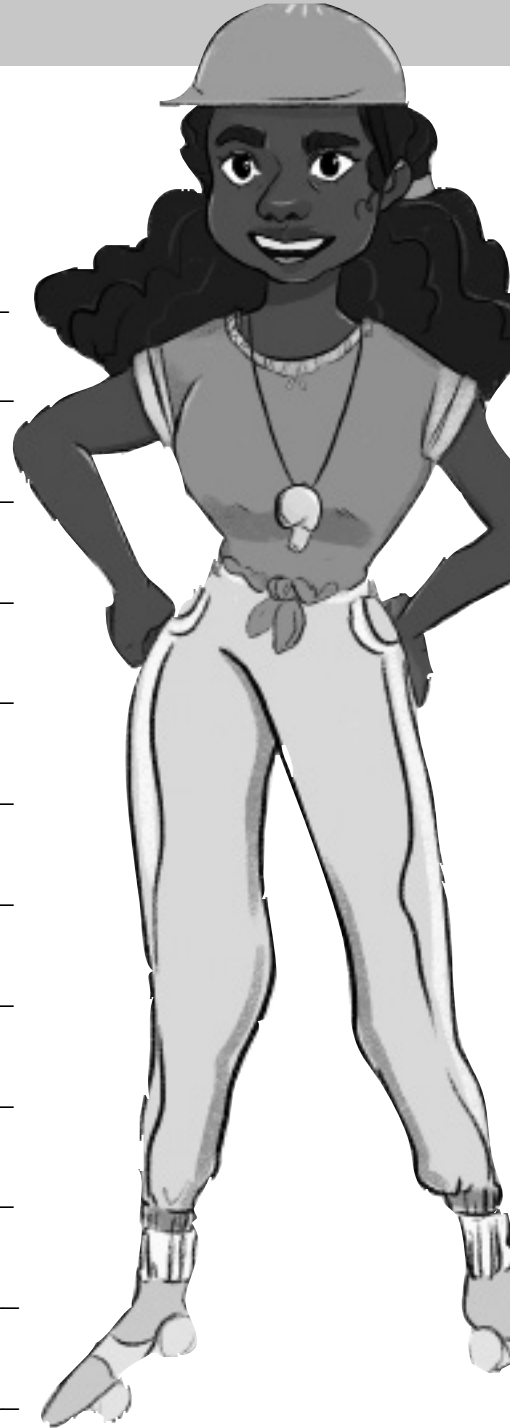
9. Everyone who competes practices self-discipline. \_\_\_\_\_

10. Grab hold of eternal life! \_\_\_\_\_

Write the Memory Verse. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Outreach Activity

Sir Isaac Newton, an English mathematician, physicist, astronomer, theologian, and author said, “If I have seen further than others, it is by standing upon the shoulders of giants.” In African American culture we often say, “Because of them, we can” and that we are standing on the shoulders of those who have gone before. These projects encourage Christian champions to pass it forward, lifting as they climb.

## Change Drive

*Kids will have a discussion about organizations that are dedicated to supporting youth: Boys and Girls Clubs, I Promise, Laureus for Sport, St. Jude Children’s Research Hospital. Be patient and let them lead the conversation. Have them choose a cause or ministry that encourages and supports youth. You will need to set a timeline for this project.*

1. The kids will collect several small containers of various shapes that can be made into banks.
2. With the art supplies you have provided, they will decorate the containers; make sure they create a slit that is big enough to fit quarters.
3. Work with them on a script or a way of telling people about the program they are supporting and asking those to whom they talk to take a change box in which to place their spare change.
4. They will ask supporters to collect their spare change for a specific period of time and return the containers on a given date.
5. On the set date, have children to collect all the boxes from those who participated.
6. At one of your meetings, count the money that was collected. Make sure you have a check and balance system in place. This is also good math practice. You can keep a public record using a black or white board.
7. A parent or leader will need to contact the identified organization and arrange a time to present them with the donations. Print a mock check on a large poster for the presentation. Be sure to capture the event with pictures and media in order to share it with others.
  - *This project can be repeated throughout the year and adapted for various occasions, like holidays or for special needs. Rather than solely raising money for the church, emphasis should be on the idea of blessing others who may be in need.*

## Technology Drive

*Similar to the Change Drive but this involves soliciting donations for providing young people with tablets or computers. Many school systems are supplementing classroom instruction and books with electronic resources. The pandemic has shown that many youth and young adults may be at a disadvantage when these resources are not readily available in their homes.*

1. Select a period of time and solicit funds from church and family members, as well as businesses to purchase tablets or computers for students.
2. Ask donors to match funds collected from other sources. Investigate receiving gently-used computers and reprogramming them for reuse.
3. Be sure to recognize donations in writing.
4. Plan an event when the new tablets or computers can be presented. Be sure to capture the moment and communicate the activity with the community through articles and social media.

## Penny Drive

- Did you know **Maggie Lena Walker (1864-1934)** established the **Black-owned Saint Luke Penny Savings Bank, Richmond, Virginia in 1903?** In 1901, she challenged her community: “*Let us put our moneys together; let us use our moneys; let us put our money out at usury among ourselves, and reap the benefit ourselves. . . . Let us have a bank that will take the nickels and turn them into dollars.* By 1920, Saint Luke Bank had issued 60 mortgages to black families.
  - § The bank issued penny banks to encourage children to save.
  - § It survived as the Consolidated Bank and Trust into the 21st century.



*Some years ago, an effort was made to eliminate the production of pennies. Many argued against their worth and cited them as a nuisance. While they may seem inconsequential, pennies are still quite valuable.*

1. Using social media, create a team of your choice.
2. The team will discuss and decide upon an organization or cause.
3. Invite everyone to commit to the Penny Drive for 365 days. Schedule reporting days each month. Show giving progress on the leader board under each captain's name.
4. Make some penny banks. (Change Drive.)

5. Each person will donate a penny for each day of the calendar year or each day of the challenge.
  - On the first day, deposit a penny in the bank.
  - On the second day, deposit two pennies.
  - On the third day, deposit three pennies in the bank, and so on.

*At the conclusion of 365 days, with a contribution of \$3.65, each participant should have saved and contributed \$667.95!*

6. Plan an occasion to donate the proceeds to the identified organization. Take photos and post your groups story on social media.

## Quick Tips for Parents

### ***#1 Meditate on Your Own Sense of Purpose***

- The purpose of this spiritual practice is to meditate on a Bible passage to receive direction from God.
- You will need pencil/pen and paper/notebook.
  - § Set aside about 20 minutes. Go with your Bible to a quiet, comfortable place where you will not be interrupted. Pray that the Lord will speak to you through the Scripture passage.
  - § Read Philippians 3:12-16 slowly, watching for a word, phrase or image in the passage that captures your attention and lingers with you.
  - § Write it down and spend a few moments in silence.
  - § Slowly read Philippians 3:12-16 a second time. In silence after the reading, ponder where the passage touches your life experience at this time. Jot down your thoughts.
  - § Read Philippians 3:12-16 slowly a third and final time. As you reflect in silence after your reading, consider what God through this passage might be inviting you to do or to understand about your purpose or your family's purpose. Record your thoughts for continued reflection.

### ***#2 Help Your Children Set and Reach Goals***

- Help your child to have a sense of being “grabbed” by Christ Jesus for a purpose. Be intentional about nurturing your child's faith formation. While it is important for your children and teens to participate in the ministries of your church, the example set in your home is equally—perhaps even more—important.
  - § They should see you praying and reading the Bible.
  - § Faith formation at home can include bedtime and mealtime prayers, family hymn singing, listening to gospel music, Bible discussions.
- Setting and working toward goals presents children with opportunities to develop responsibility and stick-to-itiveness, learn to plan and manage their time, and begin to discern what they need to leave behind and what they need to embrace in order to move forward. Think about whether the goal is attainable considering the child's age, ability, and stage of physical and emotional development.
  - § If the goal is theirs and not yours, they will be more likely to follow through.
  - § Identify the smaller steps that will lead to reaching the goal. Offer thanksgiving for each milestone accomplished. Celebrate each step along the way.
- Make up a ritual. Make gold and silver medals and champions wreaths and wear them.
  - § Surround your child with support from you and others as they pursue their goal. Provide encouragement.

# Champion's Meal

Make this Champion's Meal an opportunity for your family to celebrate people in your community who lift as they climb, like Benita Fitzgerald Mosley and LeBron James do through their foundations and through their lives. This meal can be a "Lift As You Climb" celebration to highlight the good deeds of people in your family community. Don't overlook the young people who may surprise you with their creative acts and show that they already are in touch with God's purpose in their lives.

## Chicken Wings and Mixed Greens

### Chicken Wings

#### Ingredients

- 2 cups all-purpose flour
- 1 Tablespoon paprika
- 1 teaspoons onion or garlic salt
- ¼ teaspoon black pepper
- 1 teaspoon cayenne pepper
- 20 chicken wings
- 2 Tablespoon melted margarine

#### DIRECTIONS

1. Preheat oven to 425 degrees.
2. Line large baking sheets with aluminum foil that has been lightly coated with cooking spray. Set aside.
3. In a large zip-top bag, combine the flour, paprika, salt, pepper and cayenne. Working in batches, add the wings shake to evenly coat.
4. Place on prepared baking sheet and drizzle with the melted butter. Bake 30 minutes, then turn. Bake 15 minutes longer, serve warm.

### Mixed Greens

#### Ingredients

- 3-4 pounds of mixed greens: collards, turnip, mustard, washed
- 1 medium onions diced
- 1 cloves garlic minced
- ½ teaspoon red pepper flakes
- ½ teaspoon salt
- Black pepper
- 1-2 smoked turkey legs, (about 1 pound each)
- Water to cover greens
- Hot sauce (optional)

#### DIRECTIONS

1. Combine all ingredients except turkey legs in large stock pot. Add enough water to cover  $\frac{3}{4}$  of greens.
2. Add turkey legs. Bring to a boil over medium high heat. Reduce heat, cover and simmer for 2 or 3 hours.
3. Remove turkey legs during cooking and remove meat from bones.
4. Cut into bite-sized pieces and add back to the greens.
5. Serve with a few dashes of hot sauce.

