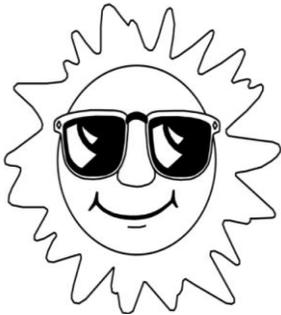


## SERMON NOTES FOR KIDS - November 1, 2020    Philippians 3:7-21

(For ideas for how to set up church at home for young families, refer to "Growing your Faith Garden" at <http://eastminster.ca/wp-content/uploads/2020/10/Growing-Your-Faith-Garden.pdf>)



Good morning Eastminster friends! It is Sunday Morning! I hope you are all cozy in your living rooms and ready for church at home. If you haven't really 'done' church at home before, be sure to check out the link above so you can set up a Sunday routine in combination with the online church service, to help your family grow in faith! We are really happy that you are joining us! These sermon notes are meant to be read to you (or by you) before Pastor David gives his Sermon. And then during the sermon you can colour and think about the lesson, while "your adults" listen to Reverend David talk about the Bible passage for today.

Well, if you have been "churching" with us over the last couple of weeks, you will already know that Reverend David has been talking about some letters written by a guy named Paul who lived in the Bible days. What do you remember about Paul? Paul lived thousands of years ago and he had a pretty amazing life story. After his amazing **TRANSFORMATION**, Paul's heart grew big in his love for God, and God gave him a very important job, to help build and grow the early Christian Church. Last week we coloured a picture of Paul writing letters. Writing letters might not seem like an **amazing** or **important** job, but Paul wrote some pretty **POWERFUL** letters. Do you have any idea how powerful words can be? Tell your adults about a time when your words were powerful. Maybe we can actually say that Paul was a CEO - a Chief Encouragement Officer! One of the churches he sent letters to was in a place called Philippi, which is in Greece. Pull the Bible out of your Sunday Basket and have an adult help you to find the book in the Bible called "Philippians". Philippians is actually a bunch of letters that Paul wrote to the Christians in Philippi. And his words were so **POWERFUL** that they can help us today too! (The next time you see Reverend David, you should ask him if he really likes Paul's letters. He might be blown away that you even know what he has been talking about in church!)

In this part of his letter, Paul encourages the Philippians by talking about **RUNNING A RACE**. Huh? What does running a race have to do with loving Jesus and growing in Faith? Hmm. Sometimes the things written in the Bible require some deep thinking and talking to each other, to understand how it might be helpful to us today! So pretend to put on your **DEEP THINKING** hat. Do you have it on? Ok, now let's think deeply.

Have you ever run a race? What kind of race was it? There are lots of different kinds of races, there are relay races, and there are hurdle races, and three legged races and marathons. Paul talked about running in a race and focussing on the goal, or focussing on

the finish line. I am picturing that Paul is talking about our lives like a race. If we love Jesus, what do you think we should be focussing on in our daily life? What should be our "goal" at the end of our race? Last week we talked about "mirroring" Jesus, which means trying our best to act the way Jesus did. The Bible tells us that in his everyday life Jesus showed lots of love, peace, joy, patience, gentleness, kindness, faithfulness, goodness, and self-control. Whew, can you say that all in one breath? These are called the "fruits of the spirit", maybe you have heard of them? None of us (except Jesus) can do all of these things all of the time, because we are not perfect. But if we focus on Jesus as the goal at the end of our race, maybe we will be reaching out to try to mirror these things in our daily life! That is kind of a hard race!

If we are running a long race like a marathon, it is not important that we get to the finish line before other people, we set our own goals. In some races, like a hurdle race, there are things in the way, so maybe the hard things in life are like hurdles in a race that we have to get over, or things we have to try again if we get it wrong. And in some races, like a relay race or a three-legged race, we have to work as a team and help others along the way. So our life CAN be like a race! Paul had a powerful way to teach us!

While the adults turn the online service back on and listen to Reverend David's sermon, you can colour the running shoes picture. Get creative! What can you add to this running shoe to make it really fast? Maybe you can draw the words of the fruits of the spirit around the shoes, or draw a race track with a finish line. And while you colour, also think about your life like a race. What kind of things can you do to keep focussed on Jesus as the goal or finish line? Maybe doing at home church can help. And maybe trying to practice the fruits of the spirit that Jesus showed us will help too. And how can you help other people out along the way?

We would love it if you would share your colouring with us from today's service!  
[admin@eastminsterunited.ca](mailto:admin@eastminsterunited.ca) We might be able to show your colouring on a future service!  
We would love to hear about how your family is working on your Faith Garden at home!

Right now our in-person church services are not happening, so we encourage At-Home Church for now. But eventually, we will be able to go back to in-church services, and you will still be able to follow this routine. You could read the Sermon Notes for kids before church, and you can still colour the page provided during church. We will have boxes of crayons available that can be assigned to your family, and kept in a mailbox at the church to pick up when you come.

God Bless you and your family this week! Stay Safe!

Eastminster United

