



VBS KIDS LESSON

Grades: 1-8

Subject: CrossFit

Date: July 14, 2021

Topic: Speed

Week: 2

Lesson Focus and Goals:

Every kid wants to be fast. Even if you know that you're not the fastest kid in school you've dreamt about it at least once. You know it's not possible, but you've wished you somehow got super speed as a power. You've heard stories about professional athletes who said that they weren't always fast. They told how they trained and trained harder and harder and one day they were fast. For most of us, that's how we get to be fast. The good news is, all we have to do is train the right way to be fast.

1 Corinthians 9:27 says

"I discipline my body like an athlete, training it to do what it should..." this means that you can train to be fast or train to have a lot of endurance. It's up to you which one you want.

AVO



CARDIO

ORANGE

YOU GREAT!



SPEED

SPEED TRAINING BENEFITS US IN THE FOLLOWING WAYS:

- It makes us faster
- It makes our muscles and bones stronger
- It makes us more coordinated
- It helps us burn more calories and maintain a healthy weight
- It makes us more flexible
- It makes it harder to get hurt

The way that God created our bodies is so cool! Most of us can develop the physical abilities we want to have by working hard at it and being patient

HEBREWS 12:1 SAYS

"Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us."



Are you slowed down because you like watching television and playing video games more than you like playing outside?

GOD WANTS US TO FREE OURSELVES

and live our best lives by using the bodies he gave us the way that he designed them to work best. We each get our own lane in this race and we need to make up our minds to run it well.



So for us fast might not look like Usain Bolt, but we can still do our best to develop the speed God gave us.

