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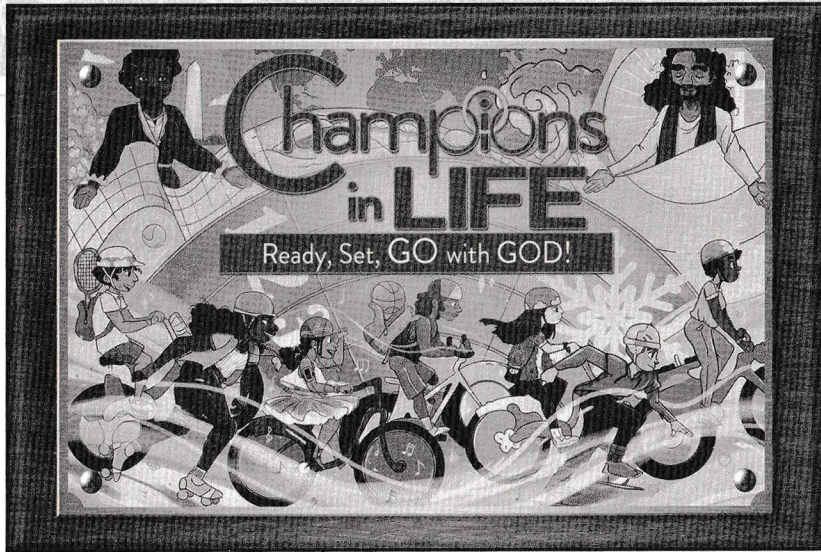
Champions
in **LIFE**



Ready, Set, GO with GOD!

OLDER ELEMENTARY

Student Handbook (Grades 4-6)



Champions in Life: Ready, Set, GO in GOD!

Older Elementary Student Handbook

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LESSON 1 GET IN THE RACE! (2 SAMUEL 18:19-32)

Underline the Winning Word, the Memory Verse and the What's the Goal phrase.

It is an HONOR to *Bring Good News!* So run to win. (1 Corinthians 9:24b)

Draw a picture of yourself. Put your name in the blank.

I _____ will get in the race and bring the good news that JESUS LOVES YOU!

BIBLE STORY REVIEW

Put the story in order.



1. David told Ahimaaz to step aside.



2. Absalom was angry with his father David and went to war with him.



3. Kukimbia, the Cushite, ran to bring the good news of the win.



4. Ahimaaz won the race and told King David that his army had won.



5. When David's army went after Absalom, he was caught and killed.



6. Kukimbia told King David that his son was dead.



7. Ahimaaz got in the race.



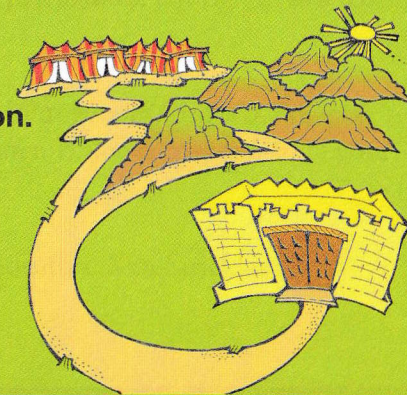
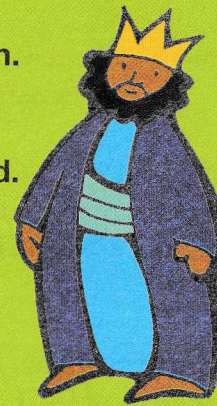
8. At first, Joab would not let Ahimaaz run to tell King David his army had won.



9. When Kukimbia arrived, he told King David that his army had won.



10. Ahimaaz did not tell King David what happened to Absalom.



SPORTS SPOTLIGHT

Fill in the correct name and place. Write down a fact about each one.



_____ ran track in the 1936 Olympics in _____, Germany, during a time when many people did not think that black people could run and win. He shocked the world by winning four gold medals. _____

_____ is an 11-time world champion in track. He is from _____.

How can these people inspire you to get in the race?



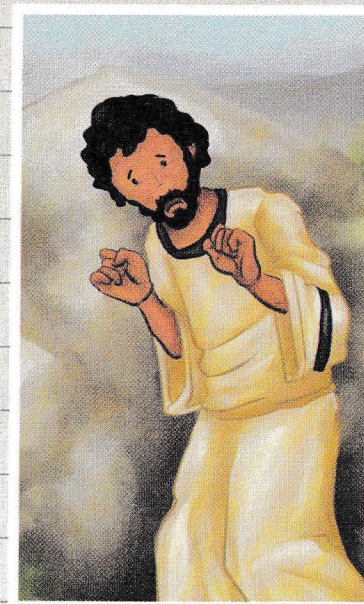
LESSON 2 BE SKILLFUL, BE CARING! (1 SAMUEL 20:18-23, 35-41)

Bible Lesson Review

David and Jonathan were the best of friends. Jonathan used his skill in archery to save David's life.

Use the words and phrases in the WORD BANK to tell the story about David and Jonathan.

King, Israel, Hide, Bow & Arrow, Message, Father, Friend, Servant, Love, Afraid, God, Look out, Feast, Absent



Bible Match Activity

1. Use your Bible to find these verses about FRIENDSHIP. Match the verse with the reference.

2. Fill in the blank with CARE or SKILL.

1. There are persons for companionship, but then there are friends who are more loyal than family.
2. No one has greater love than to give up one's life for one's friends.
3. Oil and incense make the heart glad, and the sweetness of friends comes from their advice.
4. You are my friends if you do what I command you.
5. Two are better than one because they have a good return for their hard work. If either should fall, one can pick up the other. But how miserable are those who fall and don't have a companion to help them up!
6. As iron sharpens iron, so one person sharpens a friend.

A. John 15:14

B. Proverbs 27:9

C. Ecclesiastes 4:9-10

D. Proverbs 18:24

E. Proverbs 27:17

F. John 15:13

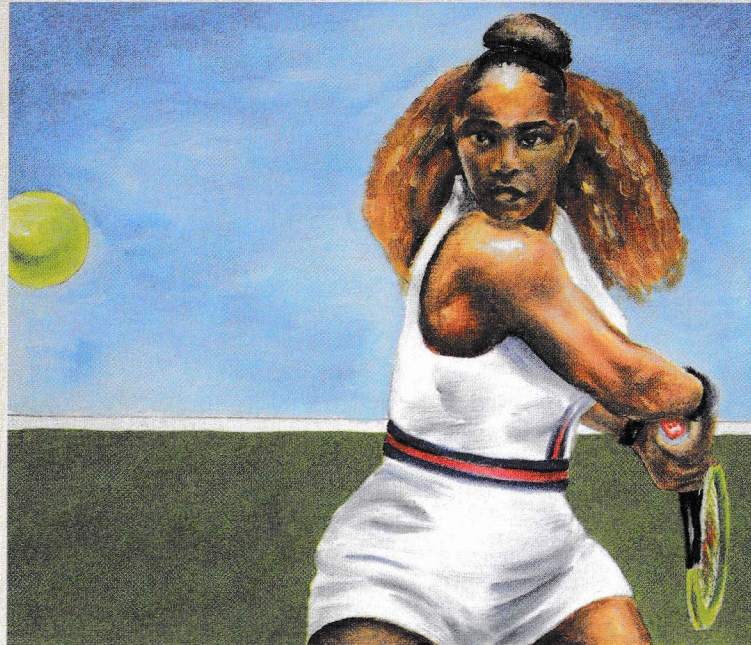
Skill or Care?

- | | |
|---|--------------------------------------|
| 1. Hitting a target with an arrow _____ | 7. Looking out for others _____ |
| 2. Giving a hug _____ | 8. Missing a target on purpose _____ |
| 3. Risking your life _____ | 9. Saving a life _____ |
| 4. Winning against a champion _____ | 10. Winning a match _____ |
| 5. Standing up against injustice _____ | 11. Having a powerful serve _____ |
| 6. Winning 23 Grand Slams _____ | 12. Being a friend _____ |

What is your definition of FRIENDSHIP? _____

SPORTS SPOTLIGHT

Serena Jameka Williams (b. 1981) has won more Grand Slam singles titles (23) than any other man or woman in the Open Era (1968). Grand Slam tournaments (also called majors) include the Australian Open, the French Open, Wimbledon, and the U.S. Open. Serena and her sister, Venus, learned tennis from their father on the public courts of Los Angeles (Compton), California. Serena turned pro the year after Venus. Both have powerful serves. In the 2000, 2008, and 2012 Olympic Games, Venus and Serena won gold medals in the doubles tennis event. Serena won a fourth gold medal in singles. In 2003, Serena became the first black woman to win the Australian Open. In 2017, she won it again.



Naomi Osaka (b. 1997) was born in Japan to Haitian and Japanese parents. Raised in America, with dual US and Japanese citizenship, she represents Japan in tennis matches throughout the world. In Japan, being something other than ethnically Japanese is unusual. Sometimes, Naomi faces prejudice there because she is both Black and Japanese. People hear her name, then see her color, and they are confused. Nevertheless, Naomi is determined as Pokemon says, "to be the very best that no one ever was." After her first Grand Slam win against Serena in 2018, she won a second, the 2019 Australian Open.



MEMORY VERSE

Instead of each person watching out for their own good,
watch out for what is better for others. (PHILIPPIANS 2:4)

By 2017, Serena Williams had won more Grand Slam singles titles than anyone since 1968. After getting married and having a baby, she wanted to break that record. Many people wanted Serena to win at the 2018 U.S. Open. But she had to beat newcomer, Naomi Osaka, who won instead of Williams. People in the crowd thought that the referee had called the game unfairly against Williams. They began to boo! Though disappointed and angry, Williams was more concerned about Naomi, who had experienced a lot of discrimination in her native country of Japan. She looked out for her by shushing the crowd. She hugged the younger tennis player and congratulated her. Both of them had demonstrated a lot of skill.



In 2019, Serena wrote a letter to Naomi. She told her again how proud she was of her and explained that by talking back to the referee she had been sticking up for herself. She was unhappy about how her actions took

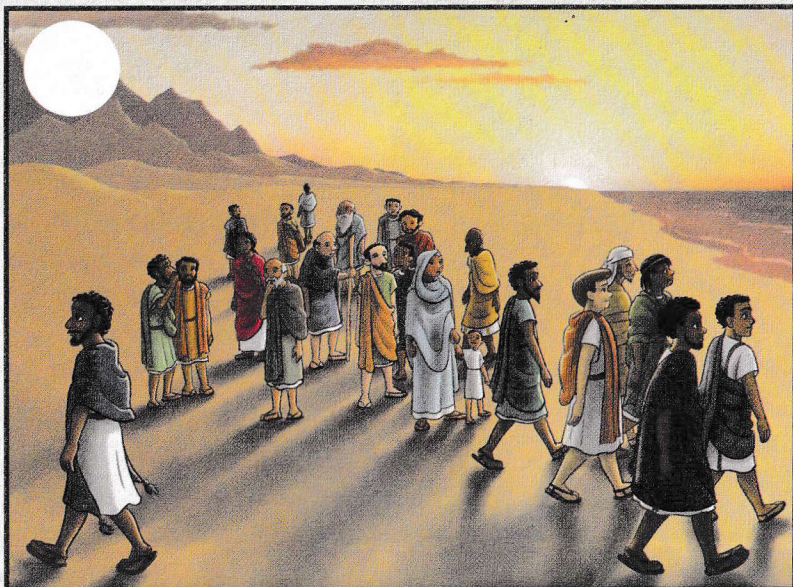
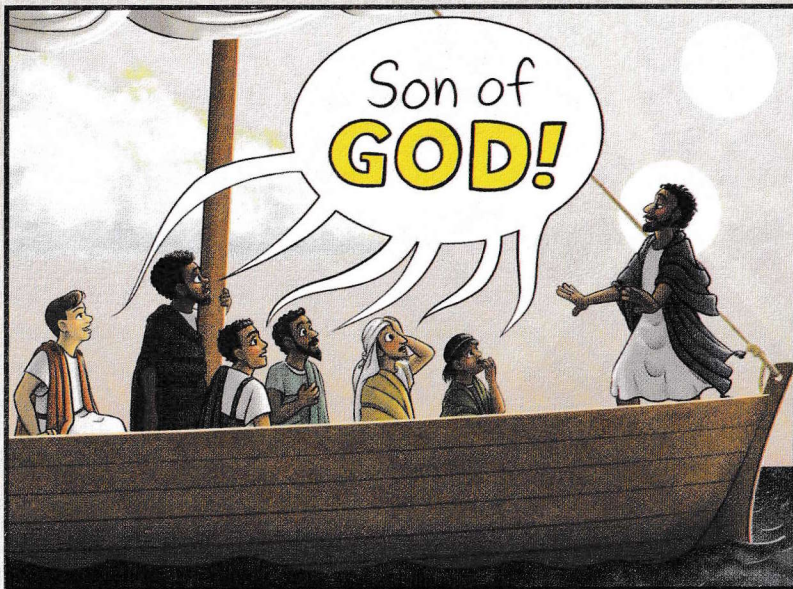
the shine off of Naomi's first Grand Slam win and she was sorry for that. Naomi answered, saying that often people cannot tell the difference between anger and strength. She encouraged Serena to keep sticking up for herself because by doing so, she has helped everyone who has come behind her.

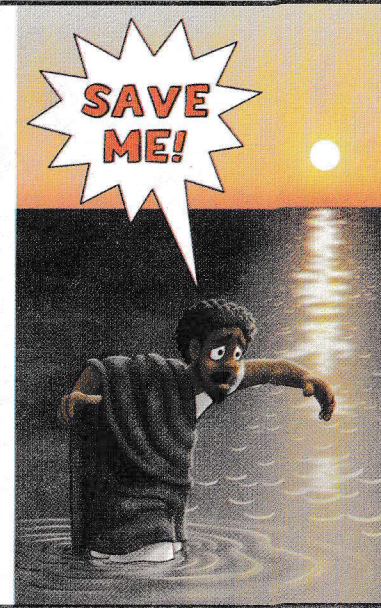
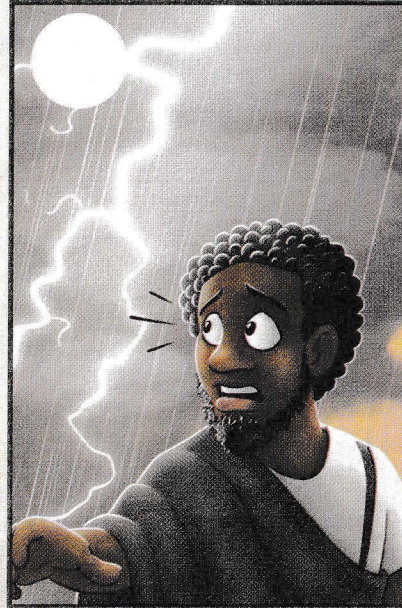
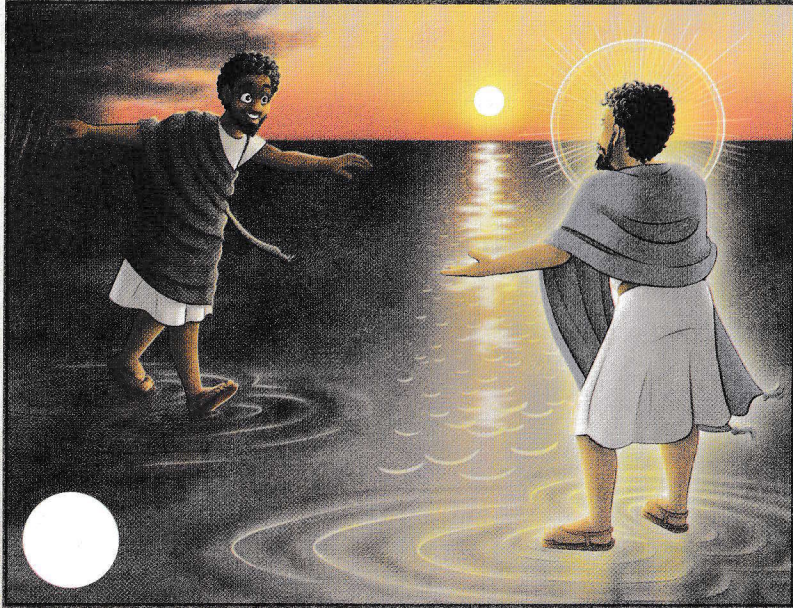
LOOK OUT FOR OTHERS!

LESSON 3: KEEP YOUR EYES ON JESUS! (MATTHEW 14:22-33)

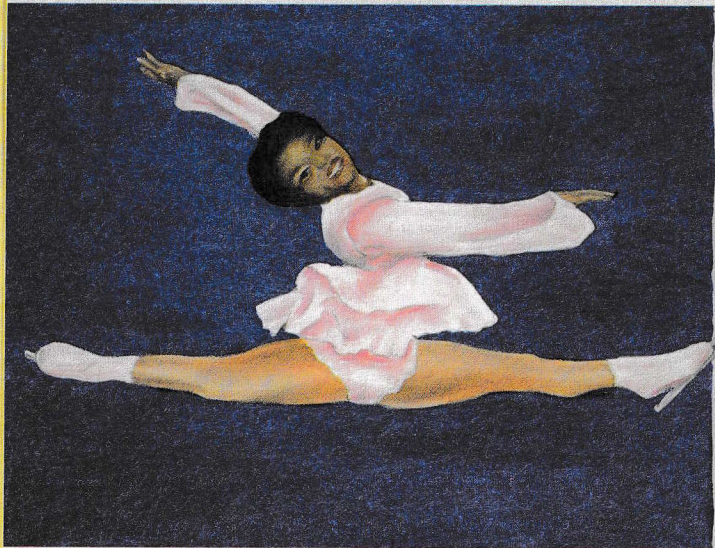
Bible Lesson Review

Using numbers, put the pictures in order. Then write your own captions.
Use the Memory Verse, the What's the Goal Phrase, and the Winning Word in your captions.





SPORTS SPOTLIGHT



Who Is Who? Put the correct name in the blank.

1. My first pair of skates were way too big. _____

2. I was born in Ghana. _____

3. I am a speed skater. _____

4. When I got older, I coached other skaters. _____

5. I qualified for the Olympics while I was still in high school.

6. I grew up near Washington, D.C. _____

7. I was inducted into the Figure Skating Hall of Fame in 1977.

8. I was an advocate for equality in skating. _____

9. I was not allowed to skate in competitions but I skated in the
Rhapsody on Ice Show. _____

10. I won a spot on the 2018 Winter Olympics team. _____



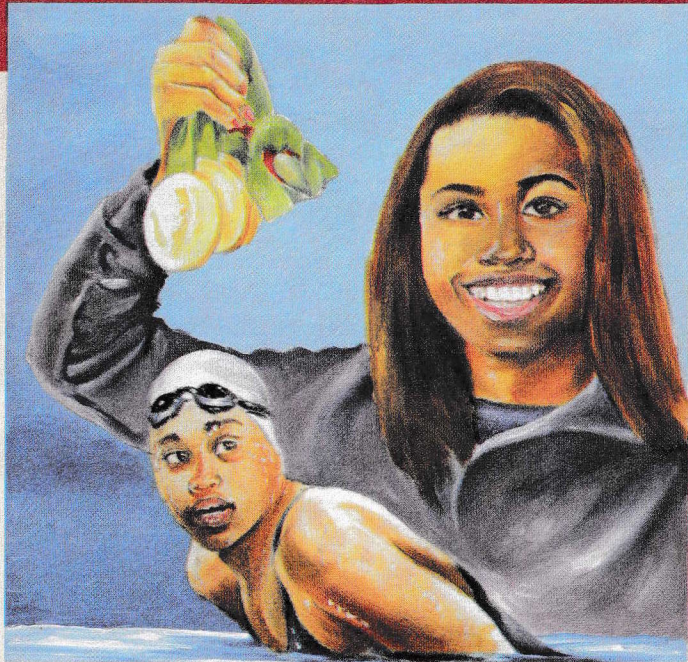
LESSON 4 A LONG WAIT! (JOHN 5:2-17)

Bible Lesson Review

Circle all correct answers.

1. How long had the man with paralysis been waiting to get in the pool?
 - a. 25 years
 - b. 5 minutes
 - c. 38 years
2. What is a mikveh?
 - a. A pool of water
 - b. a place of healing
 - c. where healed people were cleansed
3. What did Jesus say?
 - a. Pick up your mat!
 - b. Do you want to be healed?
 - c. I am working too!
4. Why did the Pharisees question the newly-healed man?
 - a. They were mean.
 - b. It was the Sabbath.
 - c. He was carrying his mat.
5. Why did the Pharisees question Jesus?
 - a. They were mean.
 - b. It was the Sabbath.
 - c. He had healed the man.
6. Why couldn't the man get in the pool?
 - a. He was paralyzed.
 - b. Someone always got in before him.
 - c. He was lazy.
7. Where did Jesus find the healed man?
 - a. Standing on the street
 - b. In the temple
 - c. By the pool
8. Complete the sentence: My father is still working . . .
 - a. and I must work while it is day.
 - b. so I don't have to.
 - c. and I am working too!
9. The name of the pool was
 - a. Bethel
 - b. Bethlehem
 - c. Bethsaida
10. Jesus was in the city of
 - a. Rome
 - b. Jerusalem
 - c. Bethlehem

SPORTS SPOTLIGHT



Simone Manuel and Lia Neal have a lot in common. Both trained at elite swim clubs with great pools that would not have been a possibility for black people years ago. In fact, many pools were closed down rather than allow black people to use them. Both Simone (*Swimone*, her nickname) and Lia attended the University of Stanford, participating on that swim team in the same years. Both encourage children in under-represented communities to learn to swim through the USA Swimming Foundation's Make a Splash program. And between them, they have won individual bronze, silver and gold medals in the Olympic Games from 2012-2016.

Simone Manuel (b. 1996)

- Sugar Land, Texas
- First African American to win an individual gold medal (2016 Olympics), won 2 silver and 2 gold
- Family motto is DYB
- Won 5 gold medals in 2017 World Aquatic Championships, in Hungary
- First American to win gold in both 50- and 100-meter freestyle at US Swimming Championships, 2018.

Lia Neal (b. 1995)

- Brooklyn, New York
- First African American to represent U.S on Olympic Swim Team (2012)
- Won a bronze medal (2012 Olympics)
- Won silver medal (2016 Olympics)
- Fluent in Cantonese, Mandarin, and English
- First in her swim club, Asphalt Greene Unified Aquatics, to qualify for the Olympics

Do Your Best in Everything! Coaches' Sayings OR Bible Verse

Silver and Gold represent the best! Check the Bible references and then fill in the blanks with what makes the most sense: silver, gold, effort or best. (Psalm 12:6, Psalm 105:37, Zechariah 13:9, Proverbs 20:15, Proverbs 22:1 NRSV, Acts 3:6 NRSV, 1 Peter 1:7, Matthew 2:11)

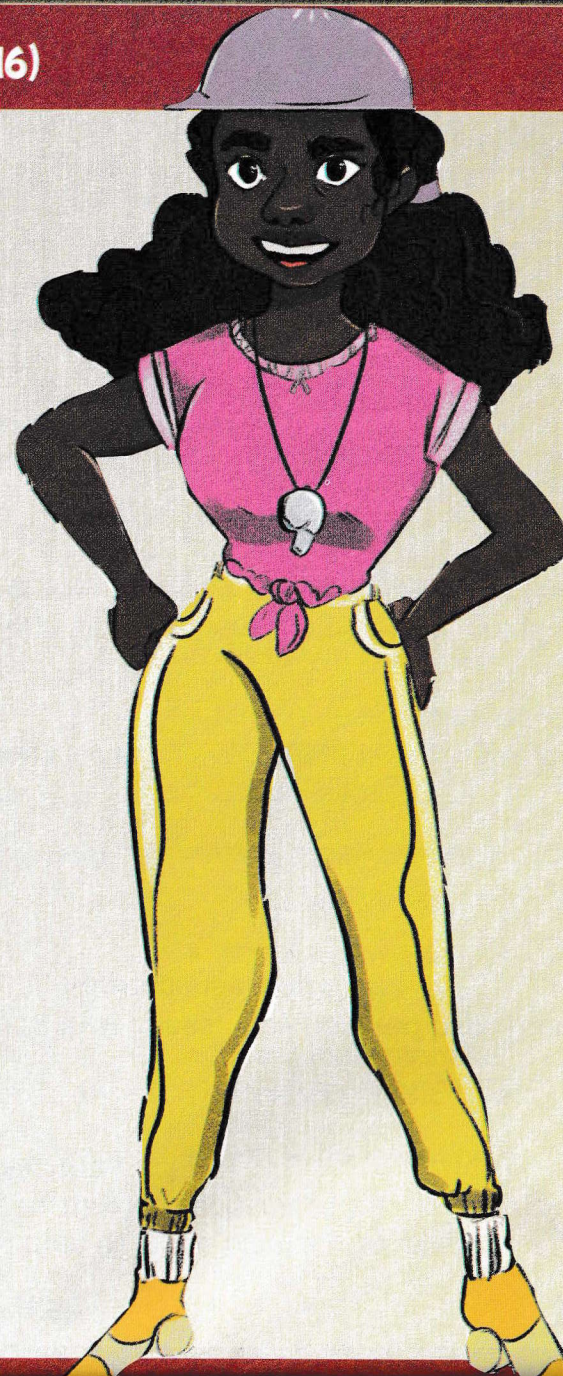
1. The LORD's promises are pure, like _____ that's been refined in an oven, purified seven times over! _____
2. They entered the house and saw the child with Mary his mother. Falling to their knees, they honored him. Then they opened their treasure chests and presented him with gifts of _____, frankincense, and myrrh. _____
3. Your _____ is paying off! _____
4. A good name is to be chosen rather than great riches, and favor is better than _____ or _____.
5. Much _____ and many pearls exist, but wise speech is the most precious jewel. _____
6. Now that's the kind of _____ that makes me happy! _____
7. I will put the third part into the fire. I will refine them like one refines silver; I will test them like one tests gold. They will call on my name, and I will respond to them. I will say, "They are my people." And they will say, "The LORD is our God." _____
8. This is your _____ work yet. _____
9. Then God brought Israel out, filled with _____ and _____; not one of its tribes stumbled. _____
10. Ginormous _____ —keep it up! _____
11. But Peter said, "I have no _____ or _____, but what I have I give you; in the name of Jesus Christ of Nazareth, stand up and walk." _____
12. Yes! Yes! Super _____!
13. This is necessary so that your faith may be found genuine. (Your faith is more valuable than _____, which will be destroyed even though it is itself tested by fire.) Your genuine faith will result in praise, glory, and honor for you when Jesus Christ is revealed. _____

LESSON 5 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. _____



SPORTS SPOTLIGHT: LIFT AS YOU CLIMB!

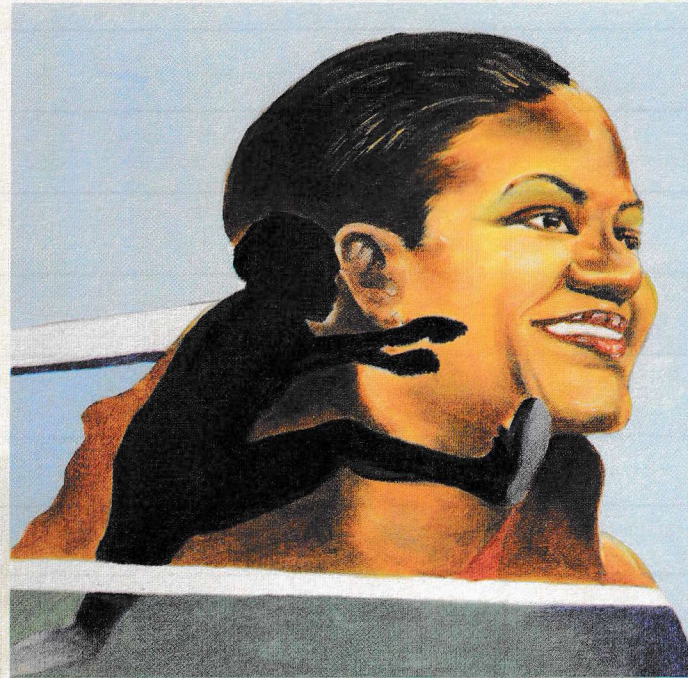


LeBron James is

- One of the best basketball players of all time
- Three-time NBA champion
- King James (nickname)
- Just a kid from Akron (Ohio)

He makes everyone around him better!
He likes to help kids do better in school.

- Founded LeBron James Family Foundation in 2004
- Partners with Akron schools
- Founded I PROMISE School (grades 1-8) for kids who struggle.
- Kids are meeting their goals in math and reading!



Benita Fitzgerald Mosley is

- A fifteen-time All-American athlete
- An eight-time national champion
- A gold medalist in track (100-meter hurdles)
 - in the 1983 Pan American Games, and
 - in the 1984 Olympics in Los Angeles

That Olympic medal has opened doors for her.
She likes to open doors for others.

- Special Olympics: helping kids with disabilities
- First-ever Chief of Sports Performance: athletes won 29 gold medals in 2012 Olympics
- Laureus Sport for Good Foundation, USA: helping kids have sports opportunities

SENTENCE SCRAMBLE

What should it be? Use your Bible to rewrite it. Use a Lesson # to identify the themes and phrases that were used.

It is not that I have already reached this friendship or have already made the effort, but my Father is still working and I am working too, so that I may honor it because Christ rescued me for just this purpose. Jesse Owens and Mabel Fairbanks, I myself don't think that I must come to Jesus, but I do this one thing: I look out for others who are behind me, and bring good news to Simone Manuel and Usain Bolt who are ahead of me. The goal I pursue is the prize of God's upward call in LeBron James. So run to win, Maame Biney and Naomi Osaka who are spiritually mature, and if anyone thinks differently, they should lift as they climb, and Jesus said come. Only, instead of watching out for Serena Williams' own good, Benita Fitzgerald Mosley should watch out for what is better for others. And do your best to live in a way that is consistent with whatever level you have reached.
