

Running the Race

Choose two volunteers who think they are fast. Tell them that when you say go, you want them to race from one side of the room to the other. Say, "On your mark, get set...wait a minute." Then untie the shoes of one of the volunteers. "On your mark, get set...wait a minute. You can't run with your shoes untied." Then tie his shoes TOGETHER so that he might be able to hop but he won't be able to run. "Ready, set, go!"

Spiritual Application: If you're going to run a serious race, you first remove all the obstacles that hinder you. You wouldn't run a race with your shoes untied. You sure wouldn't run it with them tied together. Listen to what the Bible says in Hebrews 12:1-2 about a race that we are in...