

Run The Race Set Before You Gathering Activities: Hey You! Follow Me!

This activity is one of three activities designed to engage participants as they gather. Children, youth and families will be invited to play a quick game to recognize the natural interplay of leading and following. They will be encouraged to consider ways they lead and follow in the various roles they play throughout the day.

Faith Trek Travel Packs with “Travel Tips” or key learnings from each activity have been designed to integrate the content of this program with its overall theme. A Faith Trek theme design is provided for you to make a banner, poster or PowerPoint slide. A “Run the Race Set Before You” sign design is also provided to identify the locations for each activity.

The Leaders Notes for this activity, along with the necessary preparations, equipment and supplies are outlined below. A Program Planning Grid (PDF file) is available to assist you in coordinating some of the details and tasks involved.

Scan through this activity and adapt it to honor your own schedule and intent. You might also consider using it to enrich other intergenerational or age-specific events throughout the year.

Approximate time: 5 minutes

Equipment and Supplies:

- [Travel Tip #2 reference sheet](#) (PDF file)
- [Faith Trek Travel Pack and Travel Tips](#) (PDF file)
- [“Run The Race Set Before You” sign design](#) (PDF file)
- [Faith Trek theme design](#) (PDF file)
- [Program Planning Grid](#) (PDF file)
- Props for the “Hey You! Follow Me!” game play (See Suggestions for Game Play.)

Leader’s Notes:

Scan through the activity outline and adapt your plans to honor the time you have scheduled for your overall event.

The “Hey You! Follow Me!” game is actually an adaptation of the age old game of “copy cat.” It can be played “one-on-one” or in a group using words, songs, gestures. You might also provide Hacky Sacks, balls or props for those who may wish to use them.

Use the following suggestions for game play.

- 1) One person takes the lead. He or she shouts “Hey You! Follow Me” as an invitation or prompting to imitate a specific action. The leader might choose a few lines to a song, a clapping rhythm or a gesture with or without props.
- 2) The followers imitate the action.
- 3) The person next to the initial leader shouts the same phrase and presents another action for the group to imitate.
- 4) The game continues until there is no longer an interest in doing so.

Prepare a few clapping patterns to demonstrate rhythms that might be replicated.

Display a Faith Trek Travel Pack and the Travel Tip #2 reference sheet. If you haven’t already imprinted and assembled a pack, the pattern and guidelines for imprinting and assembly are outlined in the First Steps gathering activity along with and the entire collection of Travel Tip

sheets. Make sure you have a few extra packs available for participants who haven't received one.

Use the "Run The Race Set Before You" sign design to identify the title of this activity in the space provided. You might also download the Faith Trek theme design to enlarge and display in your program area. Many professional printers have the ability to enlarge B & W designs to 3' x 4'. You might also consider projecting the design. This option however is dependent upon the availability of Microsoft PowerPoint, a projector and a large screen. You will also need to know how to download the design and save it to an appropriate file for presentation.

Activity:

Greet participants as they gather and encourage them to go to the "First Steps" activity first.

Point out that God invites us to be leaders and followers as we journey in faith. Just as we follow to the lead of a teacher in a classroom, we may take the lead in organizing a game on the playground. Invite participants to think of ways they interchange these roles throughout the day.

Introduce the game by having your participants echo the phrase a couple times. Then, prompt them respond to actions you initiate a few times before inviting them to create their own interplay in large or smaller groups.

When the game has been played a few times, identify the key learning for this activity. Display your sample travel pack and review the content.

- Point out that "Faith trek" is another way to describe a lifelong journey in faith.
- Identify Travel Tip sheets as key learnings from the activity centers that might be helpful as they journey in faith.
- Refer to Hebrews 12:1 "Run the race set before you..." as an invitation to follow Jesus everyday.

Refer to the Travel Tip #2 reference sheet and Travel Tip #2 in the Faith Trek Travel Pack as you identify Ephesians 5:1 as the key learning to retain for inspiration and support as they journey in faith.

Be imitators of God, as beloved children, and live in love as God loved us. Ephesians 5:1

Explain that we must follow God's lead as journey in faith. Jesus modeled many actions and behaviors for us to imitate as we strive to follow him and lead others to do the same. Invite participants to share some of them.