

Table of Contents

Disciple in Training Puzzle
Ten Commandments
Precious Possessions
Story Mix-Up
Dig Into the Story!
Dig Deeper8
Christian Athlete Interview
Eric Goes to China
Sticky Situations
A Motto For Life
Create Your Own Motto
Color the Scene

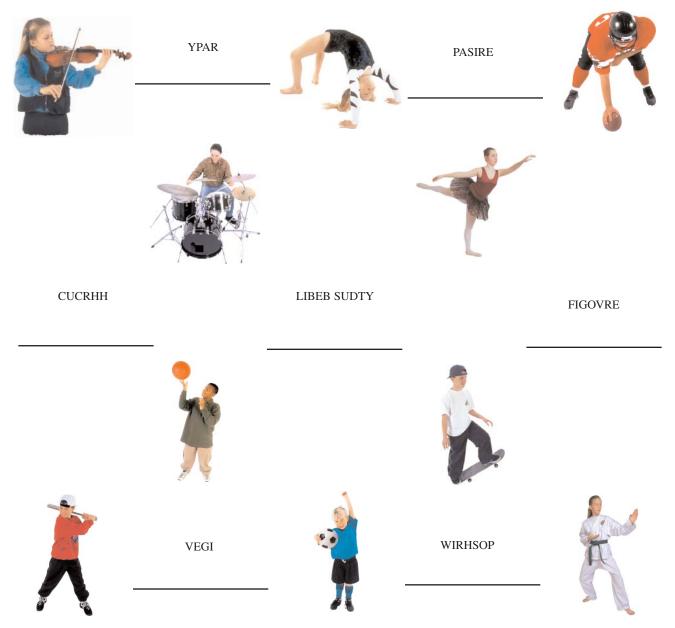
NOTE: Answer key for selected pages is on page 21 of the Leader's Guide.

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Disciple in Training Puzzle

Do you play a sport or a musical instrument? How do you train and practice to improve your skill? Did you ever think about training your spiritual side? Unscramble the words below to find some of the things you can do to grow closer to God.



Besides these things, what else can you do to grow closer to God? Which of these things do you already do? Which one would you like to try? Choose one to work into your life this week. Why might it be important to grow closer to God? How are these "spiritual disciplines" a little like training for a sport or other talent?



The Ten Commandments

How well do you know the Ten Commandments? Try to fill in the blanks to complete God's simple rules for good living. Check out Exodus 20:1-17 if you get stuck.

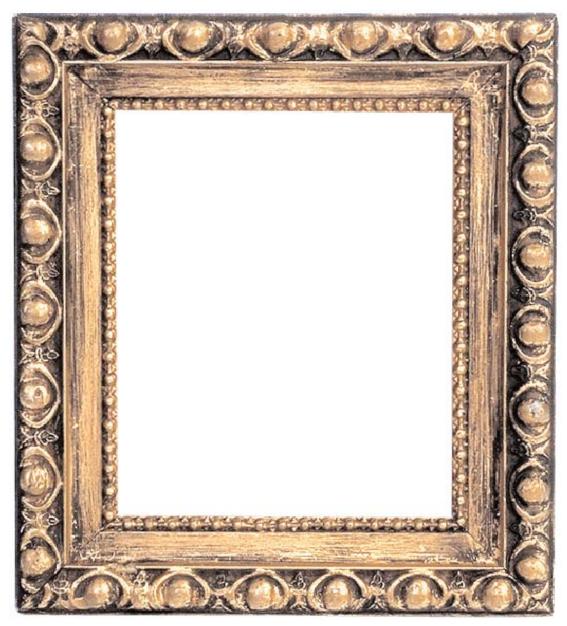
 I am the Lord, your, you must have no other before me.
II. Do not make any and do not worship any
III. Do not misuse the name of the
IV. Honor the Lord's Day by keeping it
V. Honor your and your
VI. Do not
VII. Do not commít
VIII. Do not
IX. Do not
X. Do not anything that belongs to your neighbor.

Why do you think God gave us these commandments? Which ones are hardest for you to obey?



Precious Possessions

Think of something you have that is very special to you. It should be something you are thankful for and really enjoy. Draw a picture of that thing in this space. You can include yourself in the picture too, if you want!





Story Mix-Up

These pictures of Eric's story are all mixed up. Number the pictures in the correct order.



Eric breaks the tape for Olympic Gold



Eric teaches and serves the Chinese



Eric's daughter is born in China



Even during the war, Eric stays in China to help people



Eric won't race on Sunday



In World War II, Eric's family is in danger



Eric uses his fame to share his faith



Eric leaves China at a young age



Dig Into The Story!

Questions to get you thinking and talking about Eric Liddell

- 1. Why was Eric Liddell a national hero? What athletes are considered heroes today and why?
- 2. Do you think Eric had a strong spiritual walk? Why? How did his spiritual training help him in life?
- 3. Why didn't Eric want to compete in the 100-meter race in the Olympics? Can you think of a time when you decided to follow what God wanted you to do, even though it would make other people angry or disappointed?
- 4. When Eric chose to not run in the 100-meter race in the Olympics, he thought he was giving up a gold medal. What did he get that was even better?
- 5. How did Eric use his fame for good?
- 6. What dangers did Eric face to help the people of China? How did Eric protect his family from danger?



Dig Deeper

Thinking through some tough issues for more mature students

- 1. In Eric's day, most businesses and restaurants were closed on Sunday. Many people observed Sunday as a day of Sabbath rest, meaning they would not work. How does your family or your church observe the Sabbath?
- 2. Think of your favorite sports hero. How would you feel if this hero wouldn't participate in the biggest contest of his or her sport? For instance, what if your favorite football team finally made it to the Super Bowl and then the quarter back decided he wouldn't play because of religious convictions?
- 3. People around the world still remember Eric Liddell, even though they often can't remember their own Olympic heroes from just a few years ago. Why is Eric still well known after all these years?
- 4. If Eric had gone against his convictions and run the 100-meter race, would he still be famous today?
- 5. Do you think it's harder or easier for famous people to follow God? Why?
- 6. If you could be famous for anything at all, what would you choose? Look at the Ten Commandments in Exodus 20. Which commandments might be hard to follow if you were famous? How could you use your fame for good?
- 7. Eric willingly went into dangerous situations, knowing he was placing himself at risk. How can Christians decide what risks are acceptable when doing missionary work?

Christian Athlete Interview

Invite a Christian who has participated in athletic competition to your classroom to share about the opportunities and challenges that can come with competition. Here are some sample questions you can ask:

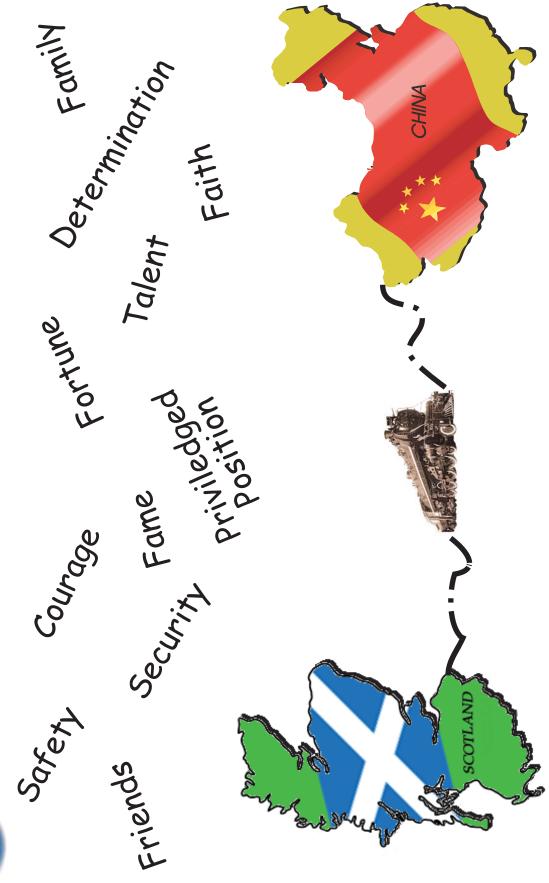
- 1. Tell us about the sport you play or played. How many years have you played?
- 2. What skills are needed to play this sport? What type of training is needed to become good at this sport?
- 3. Can this sport be played professionally? Is it a part of the Olympics?
- 4. Tell us about good sportsmanship for this sport.
- 5. Have you seen players in this sport behaving badly? How might a Christian honor God when competing?
- 6. Should Christian athletes make their faith known publicly or should they simply live out their faith privately?
- 7. Do you have a Bible verse that encourages you to do your best?
- 8. Do you think training yourself to follow God is similar to training for a sport? In what ways?
- 10. What advice do you have for young people who want to compete in athletics in a Godly way?

Enrichment Idea: Invite your guest to give a demonstration or to teach the class a bit about how to play the sport you are discussing. This may involve a soccer or gymnastics demonstration, or a simple lesson on dribbling a basketball.



Eric Goes to China

Match up each item with Scotland or China to show what Eric took with him and what he left behind. Have the class discuss why it was hard to leave some things behind and why Eric needed to bring some things along to China. When Eric left Scotland and went to China, he knew he would need to leave behind some very precious things.





Sticky Situations

Sometimes it's hard to obey God. Work with a friend to come up with a good solution for these sticky situations:



Being A Friend

Two of your best friends have secretly played a mean trick on another kid in your class. You want to stay true to your friends, but you feel bad for this kid, who is kind of an outcast. What should you do?

Obeying Your Parents

Your parents don't allow you to go to the park on your own, even though it's right on your block. One day you hear a scream and see an 11-year-old girl take a bad fall off the sliding board. There is no one else in the park.

What do you do?

Helping Others

All your neighborhood friends got the new super fast skateboard for Christmas, and you're dying to get one too. After months of saving, you finally have enough money to get one. There's just one problem. The missionary visiting your church told about kids in another country who need medicine to kill the worms in their bodies. The price of your skateboard could help hundreds of kids!

What will you do?

Honoring the Sabbath

You're really enjoying soccer this year. It's no wonder, since you've scored more goals than anyone else on the team! It's been fun and you're making new friends. You're even planning to invite one of them to church some time soon. When the championship schedule is announced, you learn that your team will play in the finals on a Sunday morning. What will you do?



A Motto for Life

Use the code at the bottom of the page to solve the puzzle and find the Olympic motto:



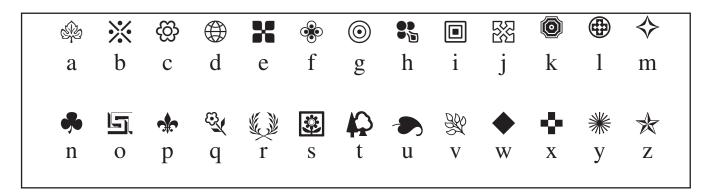
Now uncover one of Eric Liddell's famous quotes.





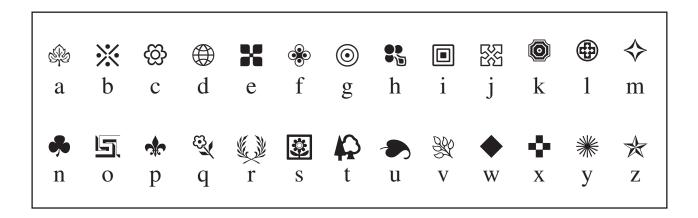


How is Eric's motto different from the Olympic one?



Student Handouts for the DVD, The Torchlighters: The Eric Liddell Story

Use the space below to make up your own motto to live by:



Color the Scene #1



Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win. 1 Corinthians 9:24



Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms. 1 Peter 4:10

Color the Scene #3



Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us. Hebrews 12:1