PURPOSE

This lesson is based upon “what character traits do we need to be a winner...or a loser?” It will stress how we need to prepare ourselves to be the best that God made us to be. The Bible teaching will be based upon I Corinthians 15:57-58. The traits are defined as self will, self confidence, self control, self defense, self reliance, self respect for others and finally, self respect for ourselves. As the teacher, be familiar with these traits and how the children can apply these traits in their lives.

CRAFT – A CHAMPION’S TRAITS BOOK MARKER (10-15 Minutes)

Supplies: _____Printed Traits (see page 6)   _____Markers
          _____ Precut Book markers (see page 5)   _____Glue
          _____ Ribbon                           _____Hole Puncher

Children will choose a precut book marker and glue on the list of the traits of a champion for Christ. They will color a border with the markers making sure they write their name on the back. The children will punch a hole at the end of the book marker and tie a ribbon thru the hole. Each child will then get a Bible and look up the Bible verse I Corinthians 15:57-58, read it to each other five times, mark it and put the Bible in their Duffle Bag.

SNACK (5-10 minutes)

_____ Fruits (Bananas are best.)
_____ Water (Can use water bottles with names or a thermos with cups)

This snack can be available during the craft time or as the children finish their craft, they can get a snack.
OBJECT LESSON (15 Minutes)

Prepare Cards—pictures (see pages 8-14)
Prepare Character Trait Cards (see pages 6-7)
Prepare Scenario Cards (see pages 8-14)

Cards will be made for each character trait God wants us to have to be champions. An object or story card will match each trait so that the children will understand what character traits are and how we use them. These will be used at the end of the discussion questions.

1. What character traits do you have? (have a quick discussion) (character traits are a distinct quality or feature that makes you the person you are)
   For example, I like to encourage people to do a good job...that is a character trait. Another example would be I get angry very quickly...that is a character trait. How do I know what character traits I have? (By the way you act) For example if you complain about waiting your turn, then you have the character trait of being impatient.

2. What character traits would a “loser” have? (angry, selfish, non-caring, no respect for others, just want to win, no matter how)

3. What character traits would a “winner” have? (like LeBron James, the basketball champion) (kind, patient, hard-working, positive and confident)

4. What character traits did Jesus have? (have a discussion) We need to act like Jesus, believe in Him and know that we are champions. Using the cards, explain the character trait. Pick a student to hold a trait card and then using pictures or a story, have another student choose which character trait, the picture represents.

5. The character traits are:
   SELF-WILL – It is God’s will, not our will that makes us champions!
   SELF-CONFIDENCE – God gives each of us certain talents to help us become champions.
   SELF-CONTROL – God will guide, direct and train us in our area of talent and open doors to give us control of what He wants us to do with our lives.
   SELF-DEFENSE- God will help us defend ourselves from evil ways and be more like Jesus.
   SELF-RELIANCE – Do what we can do and then let God do the rest!
   SELF-RESPECT FOR OTHERS – Learn how to encourage and do for others while doing our best.
   SELF-RESPECT – Treat ourselves the way God wants us to, train, listen, practice and obey.

Take the story cards and show them one by one to the students. Have a volunteer put the correct character trait name on that story card.
PRAYER (5 minutes) (Have the children hold hands in a circle)

Dear Lord, Thank you for helping us see the character traits that you want us to have, in order to be champions. Help us to develop habits and ways to have the traits of a champion. Amen.

TRAINING EXERCISE (30 Minutes)

While the children are in a circle for prayer, have them drop hands, spread out, and from the center, have them do some simple warm up exercises....like head roll, shoulder roll, twist right and left, reach up and down, toe touches, sit down stretches. Spend only 5 minutes...do fast...and blow the whistle.

ACTIVITY – FRISBEE GOLF (Must be played outside in a yard area)

____Frisbees   ____Flags 1-6 on poles to mark Tees
____Frisbee Score Cards   _____Pencils   _____Stickers

Remind each child as they play Frisbee Golf that their own character traits will show. Teachers will be looking and rewarding children for the special character traits that God wants us to practice. (Use stickers)

Each child will receive a Frisbee. They will line up on the first tee and like golf, throw their Frisbee to hit the next tee. They must stand by their Frisbee until they have touched the tee and aim for the next tee. They will need to count how many throws of the Frisbee it takes to touch the tee. They will place the score on their card. Make sure the young children have help from teenagers.

The score cards (see page 4) will be turned in and a champion will be proclaimed and given a prize.
Frisbee Golf Score Cards

Name ________________________________

Count how many frisbee throws it takes for you to touch each of the tees and write it down below.

_____ Tee #1
_____ Tee #2
_____ Tee #3
_____ Tee #4
_____ Tee #5
_____ Tee #6

______ Total number of moves

Frisbee Golf Score Cards

Name ________________________________

Count how many frisbee throws it takes for you to touch each of the tees and write it down below.

_____ Tee #1
_____ Tee #2
_____ Tee #3
_____ Tee #4
_____ Tee #5
_____ Tee #6

______ Total number of moves
PRINT, AND CUT FOR BOOK MARKERS FOR THE CRAFT:

CHAMPIONS FOR CHRIST
CHARACTER TRAITS

SELF CONFIDENCE IN
GOD'S GIFTS
SELF WILL IN DOING
GOD'S WILL
SELF CONTROL WITH
GOD'S GUIDANCE
SELF DEFENSE AGAINST
EVIL
SELF RELIANCE ON
GOD'S POWER
SELF RESPECT FOR OTHERS
SELF RESPECT FOR ONESELF

I CORINTHIANS 15:57-58

“But thanks be to God! He gives
Us victory through our Lord Jesus
Christ: Therefore my dear
Brothers, stand firm, let nothing
Move you. Always give yourselves
Fully to the work of the Lord,
Because you know that your labor
In the Lord is not in vain.”

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CHARACTER TRAIT CARDS: Print off, cut and laminate to use as “character Trait” cards for the Object Lesson. Match the correct character trait with the story picture card and scenario.

SELF WILL

SELF CONFIDENCE

SELF CONTROL

SELF DEFENSE
SELF RELIANCE

SELF RESPECT
FOR OTHERS

SELF RESPECT
PRINT OFF THESE STORY PICTURE CARDS WITH SCENARIO AND LAMINATE.

(For Self Control)

SCENARIO - You have two chocolate bars to eat. You really, really want to eat both chocolate bars. But your best friend joins you. You have a choice...to share a candy bar with your friend or to wait till later after your friend is gone and eat both candy bars. What character trait will help you make a decision?
(For Self Will)

SCENARIO – You are very tired because you stayed up late Saturday night and now it is time to go to church. You desperately want to sleep in… it would feel so good, and you are given a choice. Should you go to church or sleep in? What character trait will help you make a decision?
SCENARIO - You love music, you wake up to music, you think about music and you want to play the guitar. You start taking lessons, but it is boring. You cannot get the strum right and your fingers hurt from pressing on the strings. But you dream about singing and playing the guitar and some of your friends have already learned to play some songs on the guitar. What do you do? Do you give up or continue to practice playing your guitar? What character trait would help you make a decision?
(For Self Defense)

SCENARIO – You are having difficulty in learning to read and need lots of help. Others start calling you “stupid” and whispering to others that you are “not right”. You can defend yourself by calling them names back and think that they are right about you or you can explain that God made you different from them and you are going to read very well with lots of help pretty soon. Which way are you going to go? What character trait will help you?
(For Self Reliance)

SCENARIO – You are in a relay race. You have trained, exercised and practiced for this race. You have done all that you can and now you can either ask God to help you win the race and believe that it will happen or just say “Oh well, I may win”! What character trait would help you “win” this relay race?
(For Self respect for others)

SCENARIO – You are on a soccer team that has won all their games. Your teammates are great and skilled in playing soccer just as well as you are. You are playing the last and final game of the season. There are only a couple of minutes left, you have the ball, but you are winded and straining for breath. One of your teammates is close by and there is the opportunity to either pass it to your teammate who is really good at kicking the ball into the goal or attempting to do it yourself. What choice would you make? What character trait might help you make a decision?
SCENARIO – You have noticed that you are tired lately and you have been eating a lot of potato chips, ice cream, cookies and pop. You are a wonderful dancer, but lately you have not been able to get thru your dance routine. Your mother tells you that you must eat healthy to help your body be able to perform. But you do not want to eat vegetables, or fruits or drink milk...what do you do? What character trait will help you decide what to do?