



# ACTS

Of All the Apostles

## You Will Be My Witnesses:

Running the Race

## Lesson 1



# Run the Race

Acts 1:1-8

## Supplemental Scripture

John 14

**NOTE:** Familiarize yourself with this story. Study the supplemental Scripture and make notes on, but do NOT read from, these pages. To reinforce that these ideas are not your own, hold your Bible as you tell the story.

## Memory Verse

Anyone who has My  
commands and obeys  
them loves Me.  
John 14:21 (NirV)

Have you ever been to a track meet? It's exciting to watch. After cheering on the runners, have you ever thought, "I want to do that!"?

Did you know that following God is like that track meet? There are some people who are "running the race," or living their lives in obedience to God. Others are "sitting in the stands;" they have accepted Christ as the Savior of their lives, but they haven't yet begun to put into practice what they have learned about Him.

## Lesson Goals

Understand that Luke  
wrote the book of Acts

It is in a transition like this that we find ourselves at the beginning of the book of Acts! Doctor Luke is our author. He also wrote the book of Luke that tells us of Jesus' birth, life, death, and resurrection. He "wrote about all [Jesus] did and taught until the day He was taken up to heaven." (Acts 1:1-2 NirV)

Understand why the book  
of Acts was written

After Jesus' death and resurrection, He appeared to His disciples. The disciples had learned a lot from Jesus. They had seen Him perform miracles. They had seen Him heal the sick and raise the dead back to life. And now, here He was with them again. Jesus was with them for forty days. He talked with them about the kingdom of God. And then one day, when Jesus was eating with them, He told them not to leave Jerusalem yet. God had promised to send the Holy Spirit. Jesus had talked about it many times.

Encourage your students  
to put into practice what  
they know

Who remembers what Jesus said about the Holy Spirit? He said that the Holy Spirit was just like Him. (John 14:16) Jesus also said that the Holy Spirit would teach them and remind them of what He had said. (John 14:26) And with the gift of the Holy Spirit, they would be able to do greater things than Jesus had done! (John 14:12) The Holy Spirit's coming is what the disciples were to wait for in Jerusalem.

Instead of completely focusing on what Jesus was saying, they began to worry about how and when things might happen in the

## Application

How about you? Jesus told His disciples that love for Him is expressed in obedience.

Are you running the race or are you sitting in the stands? Have you accepted Jesus as the Lord of your life or is someone else calling all the shots? Will you trust Him today?

If you are already running the race, good for you. But there is always room for improvement, maybe to be more disciplined, maybe to trust God more. How are you doing sharing God's good news? Are you sharing it in your Jerusalem, at home, school, and in your hometown? Maybe it's time to move out to your Judea and Samaria. Maybe God is calling you to tell about Him even to the ends of the earth!

If not, begin to practice the things you know Jesus has said. Get out of the stands and put your running shoes on, you are in for quite a race!

future. Jesus answered, "You should not be concerned about times or dates. The Father has set them by His own authority." (Acts 1:7 NIV) Jesus didn't want His disciples wondering about the "what ifs." He wanted them to be concerned about what they knew, about what He had told them. So Jesus continued, "But you will receive power when the Holy Spirit comes on you." (Acts 1:8a NIV) That was something to be sure of. God's gift of the Holy Spirit would include power. But what would they need power for?

Jesus explained, "Then you will be my witnesses in Jerusalem. You will be my witnesses in all Judea and Samaria. And you will be my witnesses from one end of the earth to the other." (Acts 1:8b NIV) What does it mean to be a witness? What does a witness in a courtroom do? They tell what they have seen. Jesus was telling His disciples to share what they saw as they walked and talked with Him. Who were the disciples to share with? Jesus said they were to start where they were, in the city of Jerusalem. Then they should go to the cities around Jerusalem, in the region of Judea. After that, they should go to the next region, Samaria, and on and on until they went from one end of the earth to another!

Do you remember when we started, how we talked about running a race? Jesus was telling His disciples to run - to run with a purpose. They were to go from place to place telling others about the good news of Jesus Christ! They would certainly need power for all of that!

## Review

1. Who wrote the book of Acts? (Luke.)
2. What else had Luke written? (the Gospel of Luke)
3. Who was Luke? (a doctor)
4. What did Jesus do after his resurrection? (He visited with His disciples.)
5. What did Jesus tell His disciples? (He told them to wait in Jerusalem for the Holy Spirit.)

Next Week  
Jesus Will Come Back  
Acts 1:9-11

# Preschool Lesson

Today we are beginning a study of the book of Acts! Luke is the author. He was a doctor. He also wrote the book of Luke that tells us about Jesus' birth, life, how He died, and how He came back to life.

After Jesus' died and came back to life, He visited His disciples. The disciples had learned a lot from Jesus. They had seen Him do miracles. They had seen Him heal the sick. They had seen Him raise the dead back to life. And now, here He was with them again. Jesus was with them for forty days. And one day, when Jesus was eating with them, He told them not to leave Jerusalem yet. Jerusalem is where Jesus had been crucified and buried.

The disciples were supposed to stay in Jerusalem and wait for God to send the Holy Spirit to them. The Holy Spirit is just like Jesus, but you can't see Him. (John 14:16) The Holy Spirit is a teacher. The Holy Spirit also knows everything Jesus said while He was on earth and He can remind us. (John 14:26) The Holy Spirit helps us do greater things than Jesus did! (John 14:12)

Jesus told His disciples that they would receive power when the Holy Spirit came to them. (Acts 1:8a NIV) God's gift of the Holy Spirit would include power. But what would they need power for?

Jesus explained, "Then you will be my witnesses in Jerusalem. You will be my witnesses in all Judea and Samaria. And you will be my witnesses from one end of the earth to the other." (Acts 1:8b NIV) What does it mean to be a witness? What does a witness in a courtroom do? They tell what they have seen. Jesus was telling His disciples to share what they saw as they walked and talked with Him. Who were the disciples to share with? Jesus said they were to start where they were, in the city of Jerusalem. Then they should go to the cities around Jerusalem, in the region of Judea. After that, they should go to the next region, Samaria, and on and on until they went from one end of the earth to another!

How about you? Are you ready to tell other people about Jesus?

# Activities

**Memory Verse Activity** - Make medals. Print the memory verse on the medals. Hang them with ribbon.

Provide coloring pages from the gospels. Talk about all that the disciples saw Jesus do.

Learn the books of the Bible. Now, as you begin studying a new book, is a perfect time to begin. Talk about the divisions of the books of the Bible, sing songs, play memory games, etc.

Make laurel crowns. This can be done on a base of construction paper or pipe cleaners. Leaves can be real, fresh bay leaves (not dried), silk, or can be cut from green construction paper. Discuss the Ancient Olympics and how winners were crowned with laurel (bay leaf) crowns and were considered heroes. Encourage your students to think about the spiritual implications.

Sing “The Wise Man Built his House Upon the Rock.” Talk about Matthew 7:21-27 and the need to be wise, putting into practice what we have learned.

Sing “This Little Light of Mine.”

Provide maps of the Middle East that include Jerusalem, Judea, and Samaria. Also provide a globe, focusing at first on the Middle East and Israel. Then move out from there, showing how the good news about Jesus spread, even to where we live.



Anyone  
who has my  
commands  
and obeys them  
loves me.

John 14:21

# Racing Riddles



Fill in the blanks below to complete Jesus' instructions to His disciples.  
Then, unscramble the circled letters for your own instructions.

But \_ \_ ( ) will receive \_ \_ \_ \_ ( )  
when the ( ) \_ \_ \_ \_ \_ comes on you.  
( ) \_ \_ \_ you will be my witnesses in \_ \_ \_ \_ \_ ( ) .  
You will be my \_ \_ \_ \_ ( ) \_ \_ \_ \_  
in all \_ \_ \_ \_ ( ) and \_ \_ \_ \_ ( ) .  
And you will be my witnesses  
from one \_ \_ \_ \_ \_ ( ) \_ \_ \_ \_ to the other.  
\_ ( ) \_ \_ 1:8

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# Racing Riddles



Fill in the blanks below to complete Jesus' instructions to His disciples.  
Then, unscramble the circled letters for your own instructions.

But you will receive power  
when the Holy Spirit comes on you.

Then you will be my witnesses in Jerusalem.

You will be my witnesses  
in all Judea and Samaria.

And you will be my witnesses  
from one end of the earth to the other.

Acts 1:8

R u n t h e R a c e



# Word Search

d u j e r u s l m e a v o l  
e n u r i a n r a m a s o y  
b u d e a a r t h o h o l y  
s s e n t i w o e w t e n s  
u d a e j r l i i i r e j u  
r e a m a a o t r t a h e r  
e w b s p m n i r i e o b y  
j u d o e a p r i a f o s d  
r t h o l s p i r l o v e n  
e n t i y e b a r u s a l e  
v e o l o h m e w i d n e s  
s s o b e y o n j u n d s o  
o h t m e l a s u r e j e r  
l y s p i r i t d y e b u d

run

witness

Jerusalem

Holy Spirit

Judea

Samaria

ends of earth

obey

love

# Word Search

d u j e r u s l m e a v o l  
e n u r i a n r a m a s o y  
b u d e a a r t h o h o l y  
s s e n t i w o e w t e n s  
u d a e j r l i i i r e j u  
r e a m a a o t r t a h e r  
e w b s p m n i r i e o b y  
j u d o e a p r i a f o s d  
r t h o l s p i r l o v e n  
e n t i y e b a r u s a l e  
v e o l o h m e w i d n e s  
s s o b e y o n j u n d s o  
o h t m e l a s u r e j e r  
l y s p i r i t d y e b u d

run

witness

Jerusalem

Holy Spirit

Judea

Samaria

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