

Year B - The Epiphany of the Lord

Matthew 2:1-12

Journey to Jesus



Objective

This activity allows children to engage in an obstacle course that unpacks the idea of the long journey to see Jesus. In the debrief, children look at what obstacles stop them from having great faith and being closer to Jesus.

Instructions

1. Set up the obstacle course with hoops, challenges or things to climb over. An example of this could be three hoops or hopscotch to jump through, throwing a ball through a hoop, skipping rope (skip 10 times).
2. Use age appropriate resources/obstacles for the children in the group. Choose simple ideas that don't require resourcing.
3. Get the children one at a time to complete the obstacle course. Children watching can help when the participant gets stuck.
4. If the course is easy, add a time limit to completion to increase the difficulty. When the children have completed the course, ask the questions in the debrief.

Debrief

- How did it feel when you completed the course?
- What happened when you got stuck at an obstacle? Did you problem solve? Did you keep on trying or did you give up?
- What obstacles might stop you from having great faith?
- What obstacles might stop you from being loving to others?
- What obstacles might stop you from sharing your gifts with Jesus and others?

