

Aim: The Aim of this five week module is for the girls to make and ride Go Karts. Leaders may like to use this activity as an opportunity for dads to come along and help their daughters with this project.



Introduction:

If you have a speedway track in your town or a Motocross club/ Car club contact them and see if you could get a well known race driver or rider to talk briefly to the girls about their racing experiences. He/She could even demonstrate his car/bike by bringing it along and they may also like to tell the girls about the different flags that are used in racing. This person could be invited back once the Go Karts have been built to oversee and start off the fun of racing!!

Pre SetUp arrival time:

Have one leader organised to run some games before the start of your programme.

SetUp: 10minutes

Usual set up with the marking of rolls etc.

Devotions: Travelling in a Vehicle

Today people often go on long trips for fun and pleasure. Many families enjoy travelling on their holidays. In Bible times traveling was not always fun. People did not always look forward to traveling. In fact, a person would go on a long trip only when it was absolutely necessary.

Travelling was hard and difficult. I wonder what it would be like to sit on the hump of a camel for more than one hour. Have you ever walked ten or twenty miles in one day? Today we climb into our comfortable cars (with heaters and air conditioners). If we get thirsty on the trip we can stop at a service station or restaurant and buy a cold drink. We can drive 300 or 400 miles in one day. In Bible times people could only travel about twenty or thirty miles a day.

An ancient traveler would need to know the locations of wells or springs of water. Sometimes travelers would arrive at a spring only to find that it had dried up.

Let's think about what we need to know about our vehicle!

Holding up a toy car, say, " Girls, let's take a ride. We want to have a safe trip so let's talk about the essentials of our vehicle." (Have an object to illustrate each of the five points.)

1. The car has to have power to climb hills and carry its load. It draws it from another source. We need power to overcome temptation and the power for service. This power is from the Holy Spirit. (small battery powered motor).
2. The car needs guidance. It cannot choose its course. We likewise need to be guided through life with God providing the road map for us and the Holy Spirit is here as our interpreter. (map)
3. The car needs oil. The motor will soon wear out without it. It prevents friction. We cannot make progress unless we take the time to pray. This is the oil in our lives. (oil)
4. It must have brakes. I would not ride in a car without brakes. There are dangerous curves, steep hills to climb and descend and rough places to go over. It is unsafe without brakes. The brakes are to the car what the Christianity is to our lives. It is essential to safety. (use the example of a trolley wheel with brake attached)

5. The business of a car is to take people from one place to another. It transports not only people but things as well. (Trolley).
We depend so much on our cars to make sure we safely arrive at destinations. We need to remember that we need to look to God for guidance and safety in our lives.

Guest Visitor:

15 to 20 minutes.

Hopefully you have been able to source "someone" who can bring their vehicle/bike/Go Kart along to talk to the girls about their experiences. It would be good if he could touch on safety aspects of racing. If it is a car, let the girls have a sit in it, check out the safety features etc. *Don't forget to have a girl organised to thank your visitor.*

Main activity:

Have a model of the Kart the girls are going to make. Show them the model and explain how they are going to make these, include any safety aspects you think are necessary at this stage. Start the building.

Depending on the number in your IFG unit, girls may be able to each make a Go Kart, otherwise put two or three girls together to make one Go Kart.

Full instructions with diagrams are at the end of this module - have fun!!

Closing Prayer

Home Time & Notices

Aim: During the next two weeks the girls will continue building their Go Karts.

Pre SetUp arrival time:

Have one leader organised to play some games as the girls are arriving.

SetUp - 10 minutes:

Usual SetUp with the marking of rolls, notices etc.



Devotions:

The Greatest Bike in Town:

Visual Aid

Bring a bike with you. If it is a fancy model that is even better.

If you do not want to use a bike, choose something else that you think the girls would like.

Introduction

Who owns a bike?

Who would like to own one?

Why do you want to own a bike?

Illustration

Imagine that you've just been given the greatest bike in town. It's a top of the line model. It costs several hundred dollars. It's great to ride, it flies along, and you love it. You could use it to travel to IFG and you know you'll be the envy of all the other girls. It's fast, it's cool, it's trendy, it's yours!!

And then your Leader decides to talk about giving to the poor. She explains how you need to give things away to follow Jesus. Your smug smile vanishes... like hey she's not talking to me!!!!???

Well, anyway, you've got that old skateboard. You were planning on keeping it... but why not give that to the poor! That should do - right?

Progression

Jesus was walking down a road when a young man rushed up to him. The young man wanted to find out what he needed to do to have eternal life. Jesus told him that he needed to obey the Ten Commandments. The man answered that he had obeyed all these things since he was very young. Jesus looked at the man. He said to him, "Well there is one more thing you must do. Go sell everything you own and give the money to the poor. Then you will have riches in heaven."

When the man heard this, he felt really miserable. He knew he couldn't do it. He was very rich. It was too hard. So he walked away. Jesus told the crowd around him, "It's hard for rich people to get into God's kingdom."

Application

What does that mean for you? Are you prepared to sell your favourite games and equipment to give things to the poor? Is that what God wants? Maybe. But even more than that, God wants us to think of everything that we own and love, as being his. That way, any of our belongings, can be used for God all the time. Maybe if you do have a bike, God wants you to use it to visit someone elderly who can't do their grocery shopping just now. Maybe if you have a great cricket set, he wants you to invite the kids across the street, who nobody else likes, to come and have a hit around with you. *What things do you own that you could give to God for him to use through you?*

Prayer

Lord,

It's hard to think of all our belongings and things we love as being anyone else's except ours.

Help us to be generous in our use of them. Help us to give them to you and use them for you and your work. Amen

Further Information

The Bible passage is from Mark 10:17 -24

Follow up ideas

Make lists of all the things that the girls own and use it as a reminder of the things that could be used by God.

Main Activity:

Continue making the Go Karts and paint them. Let the girls be creative in the painting of their Karts. Use water base paint which comes off clothes easier than oil base.

You could make the painting of their Karts a competition, and make up categories for the girls to work towards i.e. the most colourful Kart, the most creative looking Kart etc.

Clean up:

With ten minutes to spare, get the teams to stop work and to clean up their rubbish so that leaders are not doing this job after all others have gone home.

Closing Prayer

Home Time & Notices

Aim: To finish the Go Karts and paint them.

Pre SetUp arrival time:

Have one leader organised to play some games as the girls are arriving.

SetUp - 10 minutes:

Usual SetUp with the marking of rolls, notices etc.



Devotions:

Noah and the Ark

Genesis 6:5—9:17

God loved the people of the world, but they began loving things and people first, instead of God. God was so upset that He decided to destroy the world. However, He looked down and saw Noah. Noah was a man who loved God. God decided to let Noah and his family live. He told Noah to build a big boat called an ark. It was almost as big as 2 football fields put together! *(Can you imagine how big that is?)*

Noah gathered lots of wood and starting building the ark. *(Just like we have had to collect the wood and other bits to make our Go Karts).* Many of the people started laughing at him because they thought he was crazy building an ark on dry land. Finally it was finished.

Then God told Noah to find 2 of each animal and put them on the ark.

God said to Noah, "Go into the ark, you and your whole family, because you have followed Me."

Then God shut the door. And everyone waited.

Suddenly, drop, drop, drippity drop, the rain began to fall. The people probably started knocking on the side of the ark. "Let us in, it's starting to flood!" they might have screamed.

God sent the rain nonstop for 40 days and 40 nights (that's over a month!) It covered the whole earth. Then God sent a wind over the earth. After 280 days, Noah opened the window and sent a black bird called a raven. The bird flew around, but could not find a place to land, so the bird returned to Noah. Noah tried a white dove next, but it also returned. Noah waited a week and sent out another dove. This time the dove came back with an olive branch in its beak. Noah knew that trees were growing on the earth. Finally Noah sent out another dove a week later, and it didn't come back. Now Noah knew it was about time to leave the ark.

God told Noah to come out of the Ark. Everything was pretty and green. The animals must have been so excited to finally get back on land!

When Noah stepped on dry land, he made a special monument to God. He thanked God for saving him and his family.

God made a promise with Noah. He told Noah that he would never destroy the world again with a flood.

To make sure all people remembered that promise, God made a beautiful rainbow in the sky. So when you see a rainbow in the sky, always remember that it is the sign of God's promise to us, that He will never flood the world again.

Main Activity:

Finish the Go Karts and paint them. Let the girls be creative in the painting of their Karts. Use water base paint which comes off clothes easier than oil base.

You could make the painting of their Karts a competition, and make up categories for the girls to work towards i.e. the most colourful Kart, the most creative looking Kart etc.

Clean up:

With ten minutes to spare, get the teams to stop work and to clean up their rubbish so that leaders are not doing this job after all others have gone home.

Closing Prayer**Home Time & Notices**

Aim: Tonight's programme is all about getting familiar with the Go Kart and ready for the big race next week.

Note: It is important that **ALL** girls have a crash helmet that fits them as they need to wear these when racing on their Karts.



Ask one of your local Police Officers if they could come along to do a WOF check on the Go Karts, maybe they would try out a breathalyser test on the girls, and ask if he could chat to them about safe driving.

Pre SetUp arrival time:

Have the Go Karts all set out ready for the girls to view the line up when they arrive.

It would be good to have some other activity to do till everyone gets there or they will want to get "going" on the Karts. Organise a leader to take a suitable game.

SetUp - as per usual.

Devotions:

2 Timothy 3:14-17 Every scripture is God inspired. It is what guides us in our lives, in our decisions, in instruction on Godly living, showing us wrong thoughts, wrong actions and wrong beliefs. We need to live our lives according to the Bible - God's Living Word. We need to have our thoughts and what we believe in line with the truth of God's Word.

If we get a new bike, but all the parts are in a box and we need to put it together ourselves, we need to read the instructions. If we don't read the instructions on how to put it together, we most probably will end up with a bike that may not work as it should and may even be unsafe to ride. Just like our Go Karts, we have had to follow the instructions on how to make them so that when we go out to "race" we know that they will be safe.

It's the same with our lives. If we don't heed to God's instructions in the Bible, we may end up off track and even in unsafe situations. God's word is like a manual for our lives. We need to read it daily and go to it when we need help and answers.

Prayer: Lord I know you've given me Your word as my guide, help me Lord to daily read Your handbook for my life.

Main Activity:

Ask the Police Officer or other guest to "check out" the Go Karts, give them their WOF so they are ready to go. Get the guest to talk to the girls about being safe on their Karts before starting the practice racing. Ensure all girls have crash helmets that fit.

Tonight's activity is a time for the girls to get the feel of their Kart and to learn how to operate it correctly. They will need some help initially to get the steering and braking correct, so please start on gentle slopes before going to the steeper ones. Start practicing tonight for next week's races and challenges!!

Closing Prayer

Home Time & Notices

You may like to invite parents along next week to watch and even take part in the Kart racing.

Race Night !!!

Invite one of your guests - the race driver or the Police Officer to come along this evening to officially start the races.

**Objective:**

Each girl or team will race off against the others in their newly built Go-karts.

As this is a special night and includes families, you may like to dispense with your usual format in favour of a more informal outdoors beginning to your programme.

Girls need to get their Go Karts out and lined up ready for the races to begin.

Pre SetUp:

You may want to set up the course for the evenings races well before the girls arrive.

SetUp:

Welcome everyone to the evening's event, introduce your guest, and then open with prayer. Your guest could inspect the Go Karts and judge according to the categories you have set out. Small prizes could be given out here - nothing too expensive.

**Main Activity:**

This is the BIG RACE.

Get your guest to start the races.

Have ordinary races but also some with a bit more of a challenge.

If you have invited families, you could perhaps have families racing against each other in different heats, then a final race to get the overall winner.

You could present medals made out of cardboard and ribbon i.e. gold for 1st place, silver for 2nd place, and bronze card for 3rd place.

Above all, make this a fun night.

You could finish the night off with a drink and biscuit for everyone.

Closing Prayer.**Home Time and Notices:**