

# Carrying Burdens Relay Race

**Objective:** The objective of the Carrying Burdens Relay Race is to promote teamwork, perseverance, and faith while symbolically experiencing the weight of life's burdens. Participants will learn the importance of supporting one another and relying on Jesus for strength.

## Materials Needed

1. Two identical backpacks. Make them heavy by adding a few textbooks, canned goods, or other heavy items.
2. Various items to add to the backpacks

## Step-by-Step Instructions for Carrying Burdens Relay Race

1. Divide the participants into two teams and designate a starting line and a spot called "the LINE" where each team member will add an additional item to the backpack.
2. Place the heavy identical backpacks at the starting line, one for each team.
3. Explain to the participants the metaphorical significance of carrying burdens and the importance of teamwork and faith in overcoming challenges.
4. Instruct the first participant of each team to stand behind their team's backpack at the starting line.
5. Start the race by signaling the participants to begin.
6. The first participant of each team should run to the LINE, pick up an item, and place it in their team's backpack.
7. The participant must then return to their team by running with the backpack on their back.
8. Upon reaching their team, they pass the backpack to the next participant in line.
9. Repeat steps 6-8 until all team members have had a turn or a predetermined number of rounds have been completed.
10. Encourage participants to support and encourage their teammates throughout the race.
11. After the game, gather the participants for a discussion or reflection on the lessons learned, including the importance of teamwork, perseverance, and faith in Jesus.

## Notes

1. **Increasing Burdens:** For added challenge and symbolism, one additional item is added each round. This can be something weighty or can be something symbolic of the burdens in life. For example, a pencil for schoolwork, a timer for being too busy, pictures of people for social concerns, etc.
2. **Discussion on Faith:** Incorporate a discussion or reflection on how participants can rely on Jesus and trust in His strength to help carry their burdens in life.
3. **Modifying Carrying Style:** Allow participants to choose between crawling, walking, or running while carrying the backpack, depending on their comfort level and physical abilities.

Remember to ensure the safety of participants during the game by providing clear instructions and monitoring the activity closely.