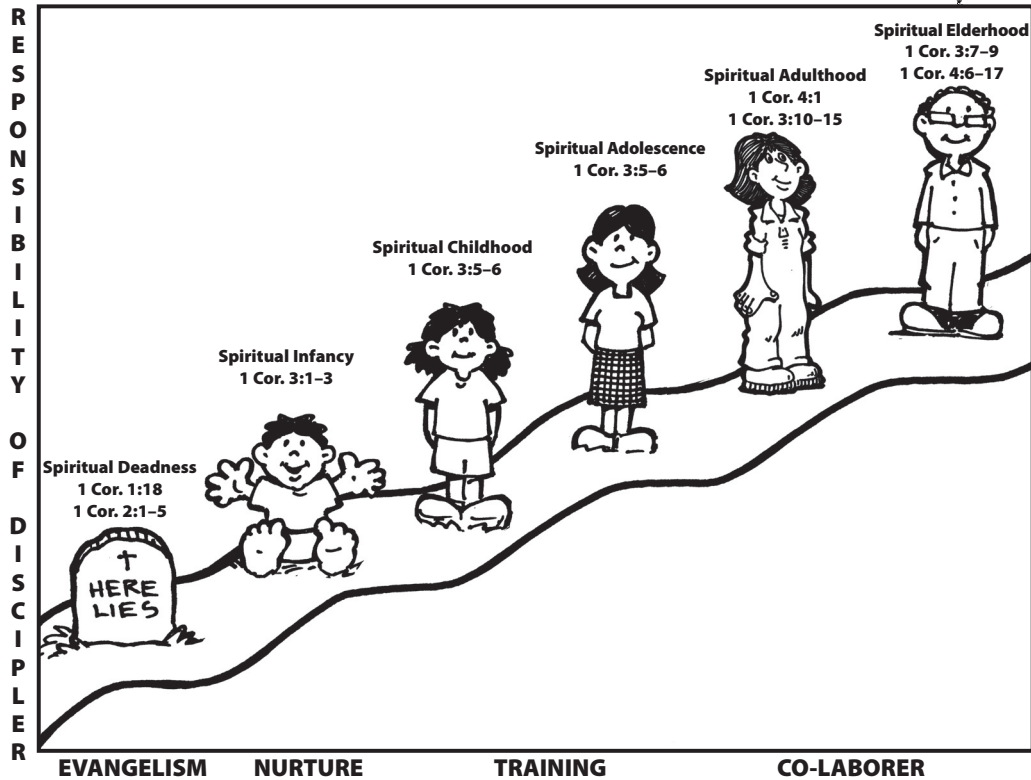


God was kind and let me become an expert builder. I laid a foundation on which others have built. But we must each be careful how we build, because Christ is the only foundation. Whatever we build on that foundation will be tested by fire on the day of judgment. Then everyone will find out if we have used gold, silver, and precious stones, or wood, hay, and straw. We will be rewarded if our building is left standing. But if it is destroyed by the fire, we will lose everything. Yet we ourselves will be saved, like someone escaping from flames (1 Corinthians 3:1-15).



## Learning the Motions

### Concept

Spiritual Infancy – “The Race Begins”  
Principle: Get Off to a Good Start

Spiritual Childhood – “First Laps”  
Principle: Be Alert in Running the Race

Spiritual Adolescence – “Running With Purpose”  
Principle: Persevere – Catch a “Second Wind”

Spiritual Adulthood – “Keep the Focus”  
Principle: Keep Moving Toward the Goal

Spiritual Elderhood – “Passing the Torch”  
Principle: Become a Coach for others

### Motion

(swing arms as if running)

(head up)

(deep breathing)

(check watch)

(extend right arm as if  
passing a torch  
to a new runner)