Run Away Time Delay | Joshua 20

Cities of Refuge were safe places for people who had accidentally killed a person to stay safe until they could have a fair trial. The cities were spread all through the land so people wouldn't have too far to run to reach one. Most people lived just a little further from the nearest city than the distance of running a marathon. People had to be fit and run fast to reach the city before the avenger of blood could catch up with them. Discover what it might have been like to run to a city with someone chasing you. This activity requires two or more people.

Materials

> stop watch or timer
>
> outdoor space to run
>
> a goal to run to such as a tree, building, play equipment, etc.

Directions

1. Imagine accidentally killing someone and having to run to the closest city of refuge. What would it take to do that?

2. How quickly might an avenger of blood try to run after you to catch up? What would it take to our-run him?

3. We're going to race in pairs to _____(your goal). First, the person who has committed the crime will set out. After _____seconds, the avenger of blood will start to run after you. (Choose a delay time that will enable the refugee to reach the city. Adjust the delay depending on the relative ages and strengths of the runners.)

4. Set a stop watch or timer. The offender will run as soon as you start the count down. When the timer stops, the avenger of blood will start to chase after them.

5. If multiple groups are running, let all groups run before discussing the activity.

Discussion

1. Did you make your goal before the avenger of blood reached you? What might have made it easier? (Could refugees have hidden along the way if they were slower runners? Might they hidden somewhere overnight?)

2. Think about times in your life that you might need refuge (e.g. from bad weather, fighting siblings, if you are falsely accused of doing something, etc.).

3. Where could you turn for refuge?

4. How does the Lord provide refuge from ugly thoughts and feelings?