

Keep
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Keepin'
on →



Hebrews 12:1-6
Part 3

Getting Started:

Do something physical - maybe you've been enjoying some daily PE lessons! Set a timer for 30 seconds and see if you can keep going for the whole time? If there's more than one of you, make it a competition and see who wins!

Get Thinking:

Did you get tired? Did you feel like giving up?

What kept you going?

Read Hebrews 12:3.

What's it all about?

Can you remember a time when other people were making things tough for you? Maybe it was a time you had been teased for following Jesus, or when you were being asked to do something you didn't want to?

How did you feel when this was happening?

Sad, angry, MISERABLE, WEARY, bitter,
LIKE GIVING UP, *alone*, IRRITABLE, *SICK*, *SOPE*,
annoyed, *depressed*, **SMALL**, *useless*, *tired*

Draw a picture or write a couple of sentences about what happened and how you felt.

How did Jesus feel when people were giving him a hard time? Look up some of the following situations to find out.

Mark 3:1-6

Mark 11:15-19

Mark 14:44-50

Mark 14:60-65

How do you think Jesus felt when these things were happening?

Sad, angry, MISERABLE, WEARY, bitter,
LIKE GIVING UP, *alone*, IRRITABLE, *SICK*, *SOPE*,
annoyed, *depressed*, **SMALL**, *useless*, *tired*

Dig it up:

Complete this Crossword or answer the questions as a quiz!

The clues and answers tell us some of the strategies Jesus used, and shared with his friends, to keep on trusting God.

Across

2. Think about God's promises of e_____ life.

(John 3:16)

3. Remember that Jesus promised to give us the H____
S_____ and we can ask him for help.

(John 14:15-17)

6. Remember that Jesus said he would be with us
a_____ . (Matthew 28:20)

8. Trust God to j_____ fairly. (1 Peter 2:23)

Down

1. Spend time with other p_____ who love God.

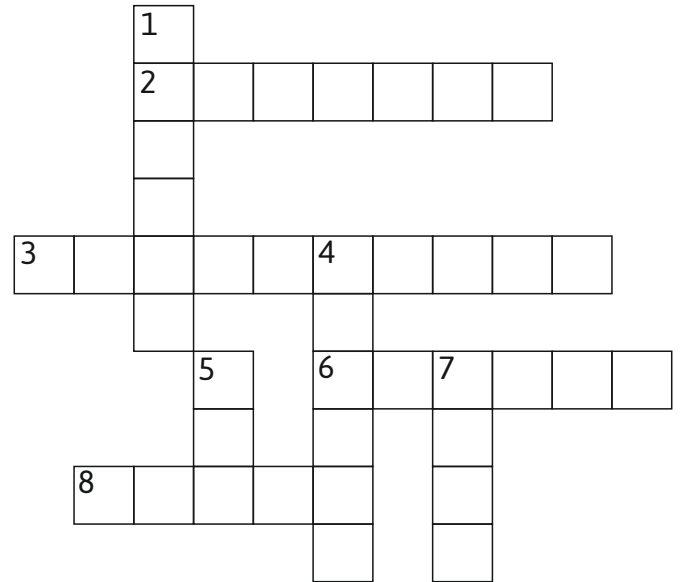
(1 Thessalonians 5:11)

4. Talk to God in p_____. (Mark 14:32-36)

5. Remember how great ___ is and praise him.

(Psalm 42:11)

7. Remember and use God's w____. (Matthew 4:8-11)



Get Thinking: Questions for us all

How does it make you feel to know Jesus faced teasing, bullying and even death so you could be friends with God?

How does it make you feel to know Jesus understands what it's like to be in difficult and challenging situations?

Imagine you had to face a similar situation to the one you drew/wrote about in Part 1. Do you think Hebrews 12:3 would help you decide what to do and how to respond?

Get Thinking: Questions for different ages

Some families have looked at these questions over a few days so we've added in an extra few for each age group - but don't feel like you need to do them all!

For 3-5 year olds: Who should we think about? What did Jesus do for us? What will thinking about Jesus help us to do?

For 5-7 year olds: What opposition did Jesus face? Did this make him give up? How do we know (see verse 2). What should you think about if you feel tired of following Jesus?

For 7-11 year olds: What kind of opposition did Jesus endure? Why do you think Jesus kept on trusting God, even when he was going through all of that? What might make you grow weary of following Jesus? How will you keep going?

For 12+ year olds: How did Jesus respond to opposition? Why did He respond in this way? How can we follow Jesus' example so that we will not grow weary and lose heart when we face opposition for our faith? How does Hebrews 4:15 give us motivation when we are finding perseverance tough?

For the grown ups:

Can you share a time when other people were making it tough for you to follow Jesus? How did you get through this? What truth about Jesus helped you (or how might it help you the next time)?

Time to Chat:

As a family what could you do together to have a time where you think about Jesus and what He did, so that you are encouraged to keep on, keeping on?

When things get tough, or people are questioning our beliefs, it can be hard to remember what to do, and easy to wonder whether trusting God is worth it. These are the times we need Jesus' example.

Look back over the strategies you found in the crossword/quiz. Write each strategy on a small card (maybe credit card size). Write out Hebrews 12:3 on the other side. Stick them up round the house, put them in your pencil case, purse or rucksack so you can easily find it when you need to remember Jesus' example.

Prayer Suggestions:

Use the words of Hebrews 12:3 to pray today. You could begin like this: Dear God, help me to consider Jesus when things get tough. Help me to remember what he did when sinful people opposed him....

Pray for God's people in countries where there is severe persecution, that they would keep remembering Hebrews 12:3 too. Why not take a look at the Open Doors website.

Song Suggestion:

Why not listen, sing or dance to “Practice Being Godly” by Colin Buchanan. It is available to listen to on Spotify or YouTube here: <https://www.youtube.com/watch?v=vNBhiWpa-8o>
(Or search on YouTube)

Memory Verse:

Write out the verse on a sheet of paper and decorate it. Make a puzzle out of it by cutting it into 8/10 pieces. Time yourselves to see how quickly you can put the puzzle back together - don't stop the time until you've shouted the verse out after finishing the puzzle!

Can you say the first three verses of Hebrews 12 altogether?

Challenge Time:

Make, draw or create in some other way a brain that says “Think about Jesus!” on it!

Or why not make some posters with truths about Jesus that you can put on your walls to help you think about Him!

Ideas for during the sermon

While the grown ups are listening to the sermon, maybe the children could have a go at some of these ideas:

For little ones:

Build a mountain out of building blocks. Imagine you had to climb the mountain - how would you keep going when it got hard.

For middle ones:

Draw some stick people doing different exercises or sports. How many can you think of? You could add in some thought bubbles of things that they might be thinking about to keep them going.

For older ones:

Why don't you have a go at listening to the sermon?

Get a sheet of paper and fold it into four.

In Section 1 - Write down anything you learn about God's character and anything you learn about what God has done, or is doing.

In Section 2 - Write down how this effects you personally.

In Section 3 - Draw a picture of what is happening in the Bible passage. Add any key words from the passage.

In Section 4 - Write down any questions you have or anything you don't understand. Why not ask a grown up what they think the answer might be.

