

Keep
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Keepin'
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Hebrews 12:1-6
Part 5

Getting Started:

Because verses 5 and 6 are closely tied together, over the next two weeks we will be looking at the two verses together.

Play a memory game. For older ones you could open a dictionary and try to remember as many words on that page as you can in 2 minutes. For younger ones find 7 teddies - look at them for 1 minute then turn around. How many can you remember?

Whatever game you play, do it two times. You could even do it a third time if you want!

Get Thinking:

What made it easier or harder to remember? Was doing it the second time easier or harder? Why do you think that was?

The more we do things, the better we are at remembering things! That's why the saying "practice makes perfect" makes so much sense - doing things over and over again helps us get better at them. It is the same for us as we learn about God.

What's it all about?

Sometimes living God's way can feel too hard or not as fun as living your own way. Sometimes we forget why it's worth it. Remind yourselves of what Hebrews 12 says to do in times like these. Read the summaries and try to remember which verse from Hebrews 12:1-4 it is helping us to remember.

Jesus understands. He knows what it's like to face opposition of the worst kind.

Look to Jesus - he's the perfect example of trusting and obeying God (and think about where he is now!).

Don't forget the Old Testament heroes! (They trusted God even without knowing the whole story! Wow!)

You haven't given it all you've got yet, keep going! You can do it!

Dig it up:

Read Hebrews 12:5-6

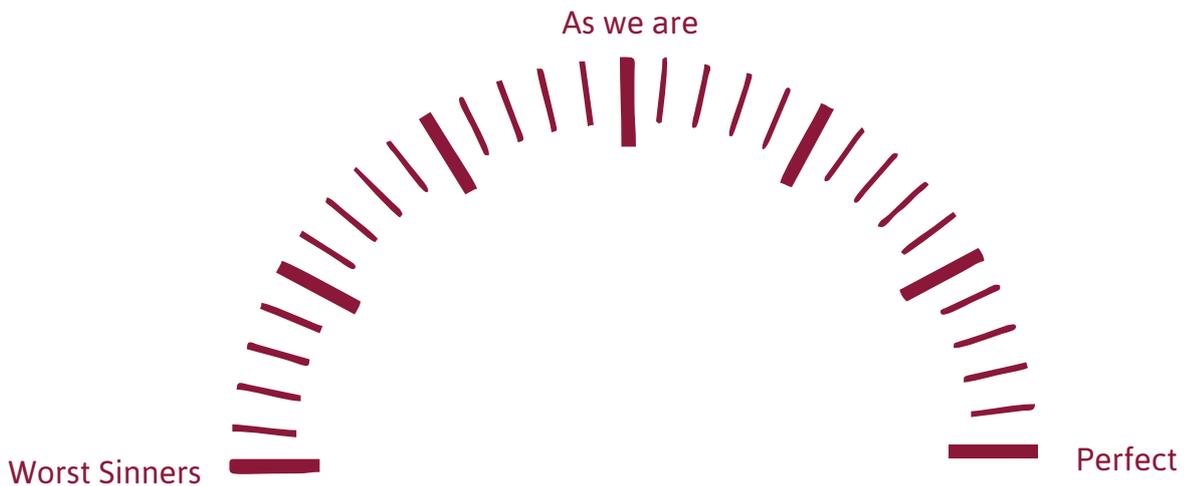
What do these verses say is the relationship between you and God?

What does this mean God will always do for us?

Get Thinking: Questions for us all

Check the following verse and answer the questions:

Romans 5:8 - How perfect do we have to be before God loves us?



Psalms 103:17 - How long does God's love last?



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 are your parents? Do you know what God calls you in this Bible verse? Does God love you?

For 5-7 year olds: If God calls you his child, what relation does that make God to you? Does God love you? How do you know?

For 7-11 year olds: How do you know God loves you? Is there an age you ever stop being God's child? How long does God's love last? How does that make you feel?

For 12+ year olds: What does it mean for us to be God's children? Do we have to be perfect before God loves us? Can anything separate us from God's love? In what ways is God like our earthly dads? In what ways is he different?

For the grown ups:

Tell your children how you feel knowing you are a loved child of God. Why is it an amazing thing? What has being a parent taught you about how God loves his children?

Time to Chat:

Being in God's family is the safest, best place we can be. Nothing can take us out of God's love, because of what Jesus has done to bring us there. Knowing we're loved, secure, wanted, will settle our restless hearts and give us peace.

Prayer Suggestions:

Thank God for Jesus - how trusting his actions for us bring us into God's family as loved children. Thank God for the safety, security and peace we can know as his children. Help us to remember this each day.

Song Suggestion:

Why not listen, sing or dance to “All Through History” by Nick and Becky Drake. It is available to listen to on Spotify or YouTube here: <https://www.youtube.com/watch?v=hQS2HHayr38>
(Or search on YouTube)

Memory Verse:

Write out verse 5 in short phrases and children score some ‘goals’ to earn pieces of paper, then put them together in the right order.

Can you find a song tune to sing verse 5 to? We found ‘My Favourite Things’ works!

Challenge Time:

Make a ‘Keep On Keeping On’ poster! Maybe you could put it in your window? Can you think of a way of putting on it some of the things that help us to keep on, keeping on?

