

Keep  
on →  
Keepin'  
on →



Hebrews 12:1-6  
Part 6

## Getting Started:

Play Simon says - can you follow the rules when 'Simon says' and not when he doesn't? If you get it wrong, sit down on the floor and count to 10 before joining in again.

## Get Thinking:

What are the rules for Simon says?

What other rules do you have in your life? Maybe at home or at school/nursery?

Why are rules a good thing? Why do the people in charge of us give us rules? What happens when we break them?

What do they help us to learn?

## What's it all about?

Read Hebrews 12:5-6.

Discipline in the Bible is not about getting in trouble or being punished. Instead, it's about God teaching us the right way to live because of his great love and care for us.

We know really that if our parents let us do whatever we wanted all of the time, that wouldn't be the best thing for us. If our parents discipline us, and don't let us do everything we want all of the time, it's because they know what is good for us and love us! How much more does God know what is good for us and love us!

Sometimes God's discipline involves:

**Training in wisdom**

**Correcting our foolishness**

**Providing us with practical opportunities to grow and learn**

Some definitions that might be helpful:

Discipline: To teach or correct a person's thoughts or behaviour

Chasten: To punish or correct someone when they are doing the wrong thing.

## Dig it up:

Write down some of the things that make you sad or scared.

Do you believe God is big enough to handle everything you've written down?

God uses many different ways to teach and correct us - some of these include words from the Bible, wisdom from other people, and circumstances in our lives. Sometimes he even allows hard times to come our way, not because he can't stop them happening, but because there is something he knows we can learn during that hard time. Maybe it is something we need to know about ourselves, or something new about God himself. We don't always know the lesson before it starts, but we can believe that no discipline from God is without purpose. And that purpose is always about love.

## Get Thinking: Questions for us all

If hard times can be times of discipline from our loving heavenly Father, what does Hebrews 12:11 promise will be the result of trusting God's training in these times?

Read John 6:66-69

Who decided to keep on following Jesus? Why did these people decide to keep on following Jesus even when others quit?

What does Jesus offer us that no-one else can?

## 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:** Do your mum and dad love you? What happens when you do the wrong thing at home? Does God love you?

**For 5-7 year olds:** How do you know your parents love you? What happens when you do the wrong thing at home? Why? Does God love you? How do you know?

**For 7-11 year olds:** What do you think of when you hear the word discipline? Can you think of a time when you were disciplined? What did you learn that was helpful?

**For 12+ year olds:** Why do you think God disciplines us? How does he do it? Can you think of a time that has been hard? What did you learn in that time? What might God have been teaching you?

**For the grown ups:**

Can you think of a time when God has used hard times to teach you something? Share this with your children - how did you remember that God was good at that time?

## Time to Chat:

Discipline isn't always easy - what promises has God made us that might help us in these times?

## Prayer Suggestions:

Thank God for Jesus.

You could use this opportunity to pray that we would have hearts that are ready to learn what God is trying to teach us.

## Song Suggestion:

Why not listen, sing or dance to "Mighty, Mighty Saviour" by Sovereign Grace.

It is available to listen to on Spotify or YouTube here:

<https://www.youtube.com/watch?v=QJceYvHo3rw>

(Or search on YouTube)

## Memory Verse:

Recite verse 6 whilst clicking your fingers or clapping your hands..

Repeat the verse quietly, loudly, fast and slow.

## Challenge Time:

Think about what you have learnt in Hebrews 12:1-6 and encourage another follower of Jesus by making them a card of encouragement.

Just as the letter to the Hebrews brought much needed encouragement and teaching to the Christians it was originally written to, we can send letters of encouragement to followers of Jesus today to remind them to stay strong in God's love.

Think of someone you know of who is going through a hard time, or who might be feeling like giving up living for Jesus. Or, you could encourage someone who has been working hard for God for a long time and may be feeling worn out and weary.

Not sure who to send it to? Get in touch and we'd love to help you!

## 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 and middle ones:**

Why not draw or colour in a picture that you could give to someone to encourage them and say you are thinking of them?

### **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.

