

Keep on → Keepin' on →



Hebrews 12:1-6
Part 7

Getting Started:

Do a physical activity - run on the spot, do some sit ups or do an egg and spoon race!
Who can do it for longest?

Get Thinking:

What does it mean to endure?

Why is running a race a bit like being a Christian?

Dig it up:

Read Hebrews 12:1-6 and then see if you can answer this quiz!
(Some questions have more than one right answer!)

1.

According to Hebrews 12:1-6 what are we surrounded by?

- a. A great cloud of whiteness
- b. A great cloud of witnesses
- c. Lots of fluffy white clouds
- d. Clouds that have witnessed something

2.

What does sin do?

- a. It tangles up
- b. It slows us down from doing God's will.
- c. It hinders us from following Jesus
- d. All of the above

3.

Fill in the missing word: "Let us _____ with perseverance the race marked out for us."

- a. Walk
- b. Skip
- c. Run
- d. Sprint

4.

Who, according to these verses, should we keep our eyes on?

- a. Jesus
- b. The cloud of witnesses
- c. The cross
- d. The finish line

7.

How will thinking about Jesus help us?

- a. It will keep us from getting bored
- b. It will encourage us not to give up.
- c. It will keep us from growing weary
- d. All of the above

5.

What was Jesus opinion of the shame of the cross?

- a. He was embarrassed by it
- b. He scorned it
- c. He endured it
- d. He laughed at it

6.

Who endured opposition from sinners?

- a. Mike Tyson
- b. Abraham
- c. The Prime Minister
- d. Jesus

8.

What should we struggle against?

- a. Sinners
- b. Bullies
- c. Sin
- d. Alien invasions

9.

According to these verses who disciplines us?

- a. The Lord
- b. Our parents
- c. Our teachers
- d. No-one

10.

Why does the Lord discipline us?

- a. Because he is a control freak
- b. Because he's got high standards
- c. Because he loves us
- d. Because he is bored

What's your score?

10

Get Thinking: Questions

Read (or recite!) Hebrews 12:1-6

For younger ones:

Who loves you? Who helps you when you're feeling sad or scared? How do they help you? Isn't it amazing to know that God, our heavenly Father, loves us even more than our mums and dads and the people who look after us! He is with us all of the time and helps us when we are feeling sad or scared.

For middle and older ones:

What's your favourite part of these verses? Why?

Has anything changed since you thought about these verses?

What do these verses make you thankful to God for?

Which part do you find most challenging?

Having thought about these verses, what are you asking God to help you with more?

Who else do you know who you could share these verses with?

Prayer Suggestions:

Pray about the things we have been learning in Hebrews 12.

Thank God that he loves us!

Pray that you would keep your eyes fixed on Jesus.

Pray that he would help you to keep on, keeping on.

Song Suggestion:

Why not listen, sing or dance to "Press on mums" by Colin Buchanan - a great reminder to keep on keeping on!

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

<https://www.youtube.com/watch?v=1W5XGyaExlM>

(Or search on YouTube)

The other songs we have recommended are:

Go, Go, Go in the Gospel Power (Colin Buchanan)

Super Saviour (Colin Buchanan)

Practice Being Godly (Colin Buchanan)

Baa Baa Do Baa Baa (Colin Buchanan)

All Through History (Nick and Becky Drake)

Mighty Mighty Saviour (Sovereign Grace)

Another great song that reminds us to keep our eyes fixed on Jesus is "Turn Your Eyes Upon Jesus" by Sovereign Grace.

Challenge Time:

Make a life-size model of an athlete using clothes. Stuff the clothes with scarves etc to make them fatter, add a head (ball, balloon) and arrange the athlete to look like its running / jumping / hurdling or doing something else sporty!

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:

Make a poster for the window that encourages other members of the church family to keep on following Jesus, and its something to look out for when outside themselves.

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.

