

# Children's Ministry



October 25<sup>th</sup> || Hebrews 12:1-2

Main Point: God desires total—not partial—pursuit of Him.

Read Hebrews 12:1-2 and ask:

1. How is our faith like a race?
2. What happens to a runner if he's carrying a heavy load?
3. What should that runner do?
4. Where should the runner keep his eyes?

The author of Hebrews reminds the church of the saints that have gone before them. ("Great cloud of witnesses" is the list of saints in chapter eleven.) Since they so faithfully pursued Christ (even in the midst of persecution and difficulty) we too should follow Jesus with all our heart.

Heavy Runner

Pick a child to stand up and be your runner. (Or have a leader do this, since every kid may want to do it.) Ask the kids what kinds of things they would wear so they could run fast. (gym shoes, shorts, etc.). Then, also pull out the items from the bag, begin to put them on the "runner" and ask if the kids think that would make the person faster. Imagine trying to run with these things. It would slow you down!

So, what if our "runner" was wearing these things during a race. What should he do? Should he stop running, fold up the clothes, place them over to the side and then begin running again? Do you think he'd win the race if he did that? No. He should just throw those things off as quickly as he can, while running as fast as he can toward the goal.

In the same way, the author of Hebrews says we should be so focused on Jesus that when we know something is slowing down our pursuit of Him, we get rid of it right away, while continuing to chase after Him. Jesus deserves all of our attention. For He kept His eyes fixed on the joy of the Heavenly Father as He went to the cross for us!

## Driving it home...



For consider Him who entered such hostility by sinners against Himself, so that you will not grow weary and lose heart.—Hebrews 12:3

When we think of the pain that Jesus faced and went through, it should give us joy and encouragement to remain strong, and remind us of the forgiveness available when we do fail!