

Running the Race

Theme: Faith — Believing and obeying the Son of God

Sunday Morning Lesson

Pre-Class Activity: Follow the sample on page 65 of this Guide to make a worksheet for each student featuring the new Memory Verse. For younger students, have paper and crayons or markers and have them draw a picture of the new Memory Verse.

Bible Facts: Special Delivery: Bible Facts

Memory Verse: Introduce the new Memory Verse. Have Memory Verse strips in the pocket chart. Read it aloud together. Ask “Who, What, When, and Why” about the Memory Verse.

Prayer

Lesson of the Day

Ideas for Teaching the Lesson

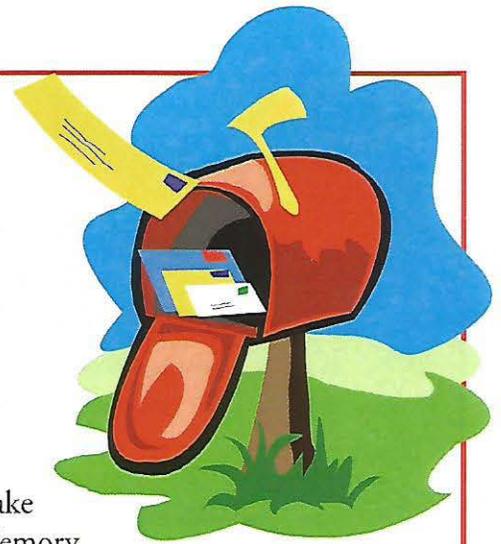
1. In the classroom Bibles, have the students find and mark Hebrews 10:22-23.

2. Create a simple racetrack as the setting for this lesson.

- ☀ Using white bulletin board paper, draw ovals for faces to make a cheering crowd around the perimeter of the track. Using black bulletin board paper, make a track that snakes around the room. Designate a starting line and a finish line. You can have a strip of checkered paper for the finish line. Use students’ chairs or other large objects as obstacles placed along the track.

3. Have the students sit on or near the starting line to teach the lesson of Hebrews. Be sure to include the following three main points:

- God has spoken ... we should listen carefully
 - » God spoke to create the world (11:3)
 - » God spoke His law at Mount Sinai (12:18-21)
 - » God speaks through His Son (1:1-3)
 - » God has a powerful Word (4:12)



- Jesus is great ... we should go and stay with Him
 - » He is greater and better
 - » He has a way for us (10:19-25)
 - » Read together Hebrews 10:22-23
- The race before us ... we should run all the way to the end (12:1-3)

If space allows, move the students down the track for each major point you teach. Talk about staying with Jesus all the way so we can get to the finish line.

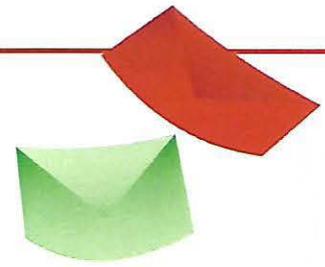
4. Move back to the starting line. Review the lesson by moving down the track again, and this time have the students tell the BIG ideas from Hebrews.
5. Bring the lesson together and to a close with Hebrews 12:1-3 and the setting you have created. Talk about the fans cheering us on — the men and women of faith listed in Hebrews 11. Talk about keeping your eye on the goal and running all the way to the finish line.
6. If times allows, focus on a man or woman of faith from Hebrews 11. Allow the students to discuss what they remember about this person from their previous study.
7. Put the key verse scroll on the Letters from Heaven Wall.

Suggested Song(s) for this Lesson

- Jesus, Name Above All Names

Things to Get or Do for Sunday Morning

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Wednesday Night Lesson

Pre-Class Activity: Have a word search sheet featuring some key words in Hebrews — Jesus, Old Testament, Moses, sacrifice, better, greater.

Bible Facts: Special Delivery: Bible Facts

Memory Verse: Read the Memory Verse together. Ask the students what they remember of “Who, What, When, and Why” about the Memory Verse.

Prayer

Starter

It’s the 9th inning and your team is one point behind. The bases are loaded and you’re up to bat. The count is two balls and two strikes. All you have to do is get a single to tie the game and a double to win it. You have a great chance to help your team win the game. You stay alive when the count comes to three balls and two strikes.

You’re ready for the pitch. It comes sailing hard and fast, and the umpire shouts, “Strike.” The game is over. Your team loses. You want to hide; you feel like quitting. Your teammates, coaches, and parents rally around you. Everyone says, “It’s okay.” They say enough to encourage you. By the time the next game comes around, you’re ready to play ball again.

All of us feel like quitting at times. Christian sometimes feel like quitting. Following Jesus is sometimes hard at. Temptations are strong. Some of our friends don’t care about God and don’t try to live for Him. Why should we keep going and not quit? It’s because of what we know and believe about Jesus.

Briefly Review the Lesson from Sunday Morning

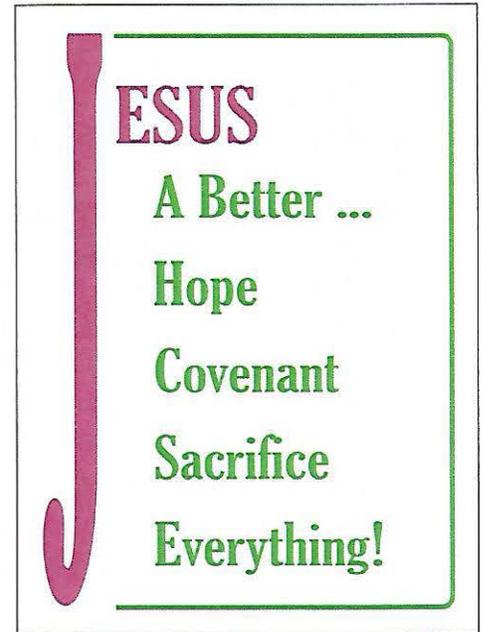
Ideas for Illustrating and Reinforcing the Lesson

1. *Objective: Show how sin will drag us down*

- ☀ Have two backpacks. One will have rocks, books, or bricks to be weight appropriate for the age group. Be sure the students can pick it up but that it will be very heavy. Have another backpack with fluffy newspapers. It will look full but will be lightweight. Place the backpacks on one side of the room, and have the students stand on the other side of the room. Assign a backpack to each student. Have them cross the room, pick up the assigned backpack, and get back to the starting line first. Talk about the effect of the heavy backpack. Teach the students how sin in our lives drags us down. We think we can ignore sin but it adds up and we have a very difficult time living our lives for God. Now take the bricks, rocks, or books out and ask the same two students to race. Ask if it was easier without the load of “sin.”

2. *Objective: Illustrate what is better*

- ☀ Gather pairs of objects in which one of each pair is obviously better than the other one. Examples are a used pencil and a brand new pencil, a cheap ink pen and a nice one, an old coin and a new one, an old dollar bill and a new crisp one, and so forth. Display the items near each other on a table. Ask the students that if they had a choice which of the items they would choose and why. Apply this lesson to Jesus and His way as compared to the Old Testament system. Jesus is better and greater in every way. Ask why anyone would turn back from what is better. Reinforce the “better” things about Jesus with a poster with the message “Jesus: A better ... hope, covenant, sacrifice, everything. An example of a poster is pictured at right.



3. *Objective: Demonstrate looking to Jesus*

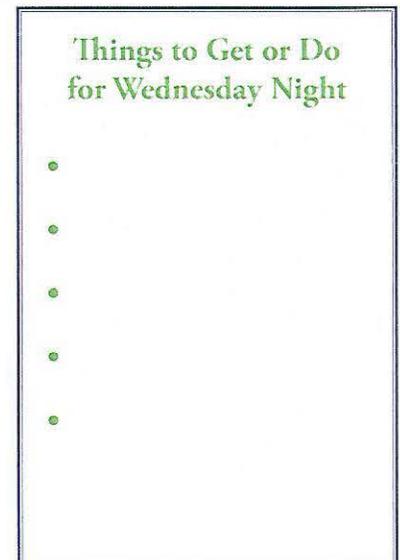
From Activity 1, put the weight back in one of the backpacks. Have two more students race, one with a backpack and one without. Have the name of Jesus on the wall at the starting line. Instruct the racing students to keep their focus on Jesus as they are racing back. Whisper instructions to the other students. Tell them to watch the eyes of the two racers. See which one keeps his or her eyes on Jesus during the race. The student with the heavy backpack will probably have to keep taking his eyes off Jesus to adjust the heavy backpack.

4. *Objective: Illustrate the function of faith*

- ☀ Have items in the Letters from Heaven Package, taking them out one at a time as needed. To review last Sunday’s lesson, use the picture of the high priest, plastic animals, and the picture of Jesus on the cross. For today’s lesson, have a graphic of Noah and the ark, a picture of Abraham about to sacrifice Isaac, and a picture of Moses and Aaron before Pharaoh. Discuss what “faith” is. Read together Hebrews 11:1-3. As you show pictures, talk about Noah’s faith in God, Abraham’s faith in God, and Moses’ faith in God and how each one showed his faith. Then ask how we can show our faith in God today.

5. *Objective: Show how sin will drag us down*

Divide the class into two groups. Give them this scenario — you have committed to playing on a baseball team with the best coach in the state, but the practices are long and hot. The coach has gotten upset with you twice, and you are discouraged. Ask Group 1 to list all reasons to stay on the team. Ask Group 2 to list all the reasons to quit the team. Talk with the students about how people sometimes feel like quitting their walk with Jesus. List reasons to stay with Him.



Suggested Song(s) for this Lesson

- Jesus, Name Above All Names