

Junior Church 09/02/25 Hebrews 12:1 - 11

The Big Idea: Keep going and don't lose heart!

Key verses: Hebrews 12: 1-3

*The rest of the passage is about suffering and God's discipline through suffering, but my advice would be to focus instead on these early verses as an encouragement to keep following Jesus, in light of all the examples in chapter 11, looking to him as we run our race.

Game Ideas

Some 'indoor' races! Eg: beanbag on the head, egg and spoon race ('fake' egg advisable!)

Do two races, one in silence and the other with cheering - illustrate how much encouragement helps. (This will lead on to talking about the 'cloud of witnesses')

Teaching Time

Recap our hall of faith - why does the writer to the hebrews tell us about all these people and their faith? To encourage us!

Talk about times when children have found it hard to keep going. (Perhaps some children will have done junior park run or similar?). Why have they been tempted to give up? *Tiredness, weariness. Wondering if it's too hard.*

What made them carry on? *People cheering/looking ahead to other people in the race/thinking of the finish line.*

(Trailblazers - consider showing a clip here of a marathon or longer athletic events to illustrate this)

How can we keep going?

1. **We have cheer leaders!** Talk about being surrounded by a 'cloud' what does this mean. All these people in our hall of faith are cheering us on! (Amazing thought!) They are cheering us on to keep going, and to keep trusting God and living for Jesus. Just like in a running race, people who have finished the race are on the sidelines, cheering, 'keep going - don't lose heart!' (Angels too are cheering us on and sent to help us - Hebrews 1:14 *Are not all angels ministering spirits sent to serve those who will inherit salvation*)
2. **We can look to Jesus!** Talk about how Jesus always kept going. He kept going even to the cross and all the terrible things people did. He even kept going, knowing that he would be separated from his father and die. What made him keep going? Just like the finish line - Jesus kept going for the joy that would come after. And the joy was us! Bringing us into his family and giving us salvation.

(Consider what visuals/props you could use- running shoes/pompoms(!)/binoculars - for looking to Jesus).

Craft Ideas

Binoculars to symbolise looking to Jesus (toilet rolls/card)

Pompoms to symbolise the cloud of witnesses cheering us on
<https://kidscraftroom.com/how-to-make-pom-poms/> (I have some zig zaggy scissors (three pairs) to create fun tassels with the tissue paper! It looks quite straight forward and fun)

Running a race - have a runner on a lolly stick and insert into a slot in some card to move along their 'race'. (trailblazers have done this but climbers could use)

Craft Binoculars

This craft activity is a great way to enhance and support a unit on senses. It is a fun way for children to focus on the sense of sight whilst practicing creativity and fine motor skills.

You Will Need:

- Cardboard tubes
- Coloured cellophane
- String
- Materials to decorate
- Stapler

Method:

1. Give children two cardboard tubes to decorate.
2. Once decorated, attach coloured cellophane to one end of each tube.
3. Staple the tubes together.
4. Attach string to complete.

