

Listen carefully to our Biblereading. It's Hebrews chapter 12 verses 1 and 2:  
It's printed out here...

<sup>1</sup> Therefore, since we are surrounded by so  
great a cloud of witnesses,  
let us also lay aside every weight, and sin  
which clings so closely,  
and let us run with endurance the race that is  
set before us,  
<sup>2</sup> looking to Jesus, the founder and perfecter  
of our faith,  
who for the joy that was set before him  
endured the cross, despising the shame,  
and is seated at the right hand of the  
throne of God.

Imagine that you're **running** in a very long race. What might  
you need to keep going to the end?

- 
- 

Our reading says that following Jesus is like running a race.  
**Circle** this bit of the reading.

There's one word that means we need strength to keep on  
going all the way. It starts with an "e". **Underline** it.

In order to keep on running with Jesus...

## Look to the Old Testament Witnesses.

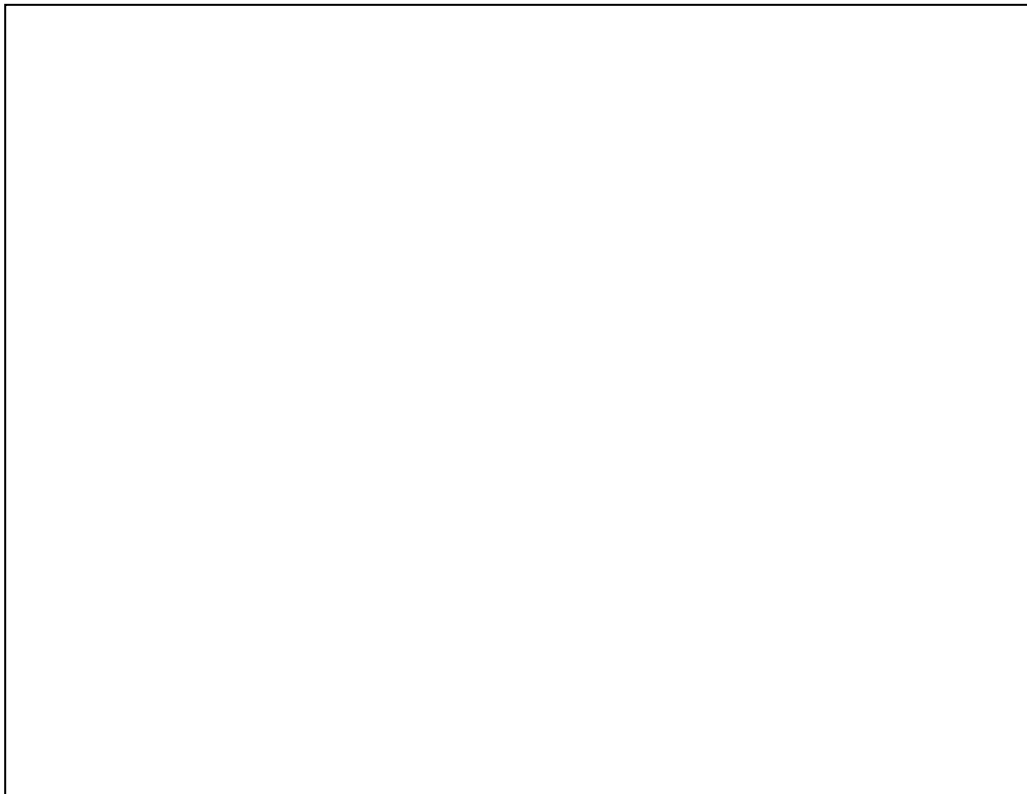
There are "witnesses" - people who are watching your race! It's like they are in the crowd cheering you on.

Who are they? All the people listed in chapter 11. These are some of the men and women who trusted the Lord in Old Testament times. List a few of them:

- 
- 
- 

Was it easy for them to follow the Lord?

Read verses 33-37. Draw a picture from these verses!



As you  
read about  
these Old  
Testament  
saints  
YOUR  
faith in  
Jesus will  
be made  
stronger.

In order to keep on running with Jesus...

**Look into your own heart.**

We're running a race... and we do not stop running until the Lord Jesus returns or calls us home.

Running this race is the most important thing in our lives.

And whenever you run in a race... you do not want to be carrying extra weight with you!!!

➤ **weight**

Can you think of anything that might be stopping you from following Jesus? Is there something that you love too much?

Draw a picture of Usain Bolt carrying Carl on his shoulders...

➤ **sins**

All Christian people keep on sinning and have to ask for forgiveness every day. That's true of Carl, Gavin, Andrew - any Christian. Is there something you know that you need to ask forgiveness for? PRAY right now.

In order to keep on running with Jesus...

**Look to the Lord Jesus.**

There is someone else who has **ALREADY** finished the race! And he will help us to finish too. It's...

Jesus!

Remember verse 2 from our reading...

**"... who for the joy that was set before him  
endured the cross, despising the shame,  
and is seated at the right hand of the throne of God."**

What did Jesus endure? The c\_\_\_\_\_

While suffering Jesus looked forward to j\_\_\_\_\_

Where is Jesus now? Ruling on God's t\_\_\_\_\_

So, here are 3 precious things about Jesus that we can fill our minds with:

He died for you

There is Jesus' joy to come

Your Jesus is strong and kind.