

Today we're thinking about how

following Jesus

is like running a very long race.

In a long race you might get tired and it

can be hard to get to the end.

How do we keep going?

Our bible verses tell us

three things that will help

us to keep going in following Jesus:

1. Learn from the

example of other

Christians.

The chapter before our reading has a long list of people from the Old Testament who

kept

trusting God, even

though life was hard.

We can also learn from other Christians too, there are some good books that tell us about the lives of people who kept on

trusting Jesus even when life was very hard.

2. Try to **get rid** of things that distract you from trusting Jesus.

These make it so much

harder to keep going, it's like they weigh you down.

3. **Focus** on Jesus:

Remember what Jesus did: He suffered and died on the cross so that we can be friends with God and

remember

where Jesus is now: in Heaven with God.

Colour the picture below to remind you that the Christian life is like running a long race. Pray with your grown-up asking God to help you keep going till the end.



FOCUS

ON

JESUS