Today we're thinking about how



is like running a very long

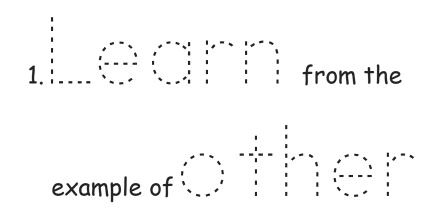
In a long race you might get tired and it



How do we keep going? Our bible verses tell us

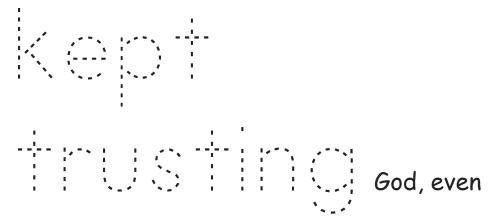


us to keep going in following Jesus:



Christians.

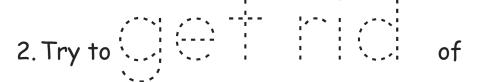
The chapter before our reading has a long list of people from the Old Testament who



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.



things that distract you from trusting Jesus.

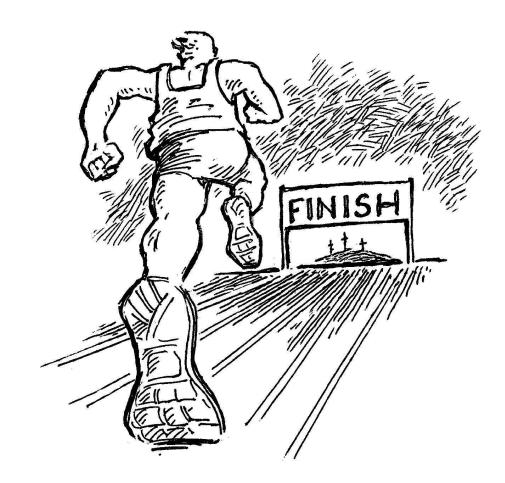
These make it so much

it's like they weigh you down.

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

## 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.



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