

Open your Bible! Listen carefully to our reading. It's Hebrews 12:1-17.

The Christian people who first received this amazing letter were...

- Real Christians!
- Struggling Christians!

Look at the end of verse 3: there was a danger that they might grow

w _____

f _____

REMEMBER: Last week we studied verses 1 and 2.
We were encouraged to LOOK...

1. Draw a sword

1. Look at Old Testament believers who suffered lots

2. Look inside our hearts: what sins are slowing down our Christian race?

3. Draw the Cross

2. Draw a heart

3. Look to Jesus and to His Cross. He loves us and forgives us!

When we follow Jesus we need to **rest** in Jesus. He saves us! We don't save ourselves!

But we also need to **wrestle!!!** This is hard work!!! God's word today is about wrestling!

Here's the first big thing in our reading:

Discipline through love... for our good

Imagine you're getting near the end of a REALLY long running race. You need to keep going all the way to the end. So, you need to...

Circle the RIGHT answers... cross out the WRONG answers:

Train hard!

Eat lots of chips

Give up when your legs start to hurt

Following Jesus is a bit like a long race.

When you follow Jesus **trials and difficulties** are... WHAT?

Circle the RIGHT answers... cross out the WRONG answers:

You cannot avoid them

Painful and difficult

Easy peasy

Jesus' people never ever suffer

Sent from God

Pointless

Train us and teach us

One really important word in our reading is "**discipline**".
(How many times does it come between verses 5 and 11?)
"Discipline" means "training."

NOT: press-ups and start jumps...

BUT: hard things... that train us and teach us to keep on running with Jesus.

THINK:

Where does this "discipline" come from? Who sends it?

Why does he send it? Because he is our...

F _____

And because he wants us to...

... share his h _____ look at the end of v10

REALLY IMPORTANT!!!!

When God send painful things into our lives it shows that he
LOVES us!

People who follow Jesus are God's children - and he wants us to
be holy children, just like Jesus!

Here's the second big thing in our reading:

He is training us for holiness

What do you want to do when you are getting near the end of a long race? Write or draw your answer here:

What does the Lord want us to do instead? Look at verse 12. Try to work out what this means. Ask a grown-up if you need to. Write your answers in the space below: