



# Continue to Grow

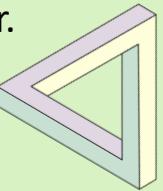
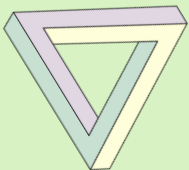


**Bible Passage:** Hebrews 12-13

**Memory Verse:** Hebrews 13:20-21

**Text Truth:** We should focus on following Jesus.

**Christ in Context:** The Book of Hebrews describes how Jesus fulfilled the promises and prophecies of the Old Testament as the Son of God and the Son of man. Jesus gave His life as the final sacrifice for sin, establishing a new covenant between God and His people. He is our mediator, creator, high priest, and rescuer. He is perfect and reigns over all.



## Continue to Grow

### Hebrews 12-13

The writer of Hebrews ended his letter with some encouragement for the believers.

“Put aside anything that is stopping you from following Jesus. Run the race with endurance.

Keep your eyes on Jesus! He is the source of your faith. He endured the cross to save you from your sin.

Remember what Jesus did for you. This will help you not grow tired while you follow Him.

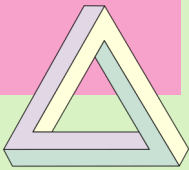
Pursue peace and holiness. Look out for one another and help one another understand God’s grace. Help each other avoid sin.

Always be kind and continue to love each other. Care for the less fortunate and be happy with what you have, not chasing after money.

God will always be with you and care for you. Jesus never changes. He is always the same—yesterday, today, forever.”

Then the writer ended his letter by saying, “Glory to Jesus forever and ever!

### Key Points:

- When we remember what Jesus did to save us from our sin, we will be encouraged to keep living for Him.
  - God will never leave us in good or bad times.
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**Activity:** Race Together

**Tools:** Tape two lines on the floor to designate a starting line and a turn around line.

- Have your children partner up.
  - Direct children to stand side by side and assist them in using the bandana to tie their inside legs together.
  - Share that their task is to work together to walk to the turn around line and back.
  - Once one set of partners has returned to the start line, the next set will begin.
  - Players should not see it as a race against one another but a race that the entire team wants to finish successfully. Guide children in cheering for and encouraging each other.
  - Say: “The writer of Hebrews told the people that they should keep running the race. Just like in this race, the race of life is not something that you do alone. Let people around you help and encourage you, but you should do the same for them, as well. Most importantly, though, God will always be with you and will never leave you to make you run alone. While we’re running the race of life, let’s remember that we should focus on following Jesus.”
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**Prayer:** pray asking God to help us keep our eyes on Jesus all the time—not only when we are sad and discouraged, but also when we are happy and joyful.

