

Acts-Revelation

Hebrews

Hebrews 1-13

Younger Verse

Listen very carefully to the truth. Hebrews 2:11 (NLT)

Older Verse

We must listen very carefully to the truth we have heard, or we may drift away from it. Hebrews 2:11 (NLT)

Bible Story

*The following is a summary of the Bible story to help you with your preparation. Please do **NOT** read to the children. Instead, study your Bible, using this summary as a guide, and make a note page to help you remember your plans for the lesson or questions you want to ask.*

Have you ever run a race at school or the recreation department? Maybe you have simply raced a friend to his house or the store closest to you. How do you get ready for that race? Do you put on jeans, a big coat and boots? What about your back pack from school? Do you eat a big, heavy meal right before you run? Well, if you want to run your best race ever, if you want to win, you probably do things a little differently.

The book of Hebrews tells us about a race - the race of faith, the Christian life! Have you ever thought about the life that you live for Jesus being a race? Well, it is. And just as we wouldn't wear boots, jeans or a big coat to run a race at school, we shouldn't be weighed down with heavy things in our Christian life. Hebrews 12:1-2 tells us "since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily hinders our progress. And let us run with endurance the race that God has set before us. We do this by keeping our eyes on Jesus, on whom our faith depends from start to finish." If we strip off our coats and boots to run a physical race, what are some of those things that we should strip off to run the race of faith? What kinds of things weigh us down? Fear weighs us down, and worry, as well as comparing ourselves to others. The Bible says that sin slows us down. Do most people run a race just to say they have run or do they normally run to win? If I were going to run a race, I would want to win. Running is a lot of work just to come in last. And our life of faith, of believing in Jesus, trusting Him and following Him in obedience should be run in a way that we do our best, not just the least we can do.

Is it easier or harder to run if you have a crowd cheering you on? It is much easier to run well if the crowd is hyped-up and cheering for you. Well, guess what?! We do have a crowd of people cheering us on! Hebrews 12:1 says that we are "surrounded by . . . a huge crowd of witnesses to the life of faith!" Who are these people that are cheering us on, do we know them? Hebrews chapter 11 tells us who they are - they are people who lived before us, who trusted God and believed His promises even when they couldn't prove it all or see the answers immediately. This crowd that cheers us on is made up of God (who created the world by speaking), Noah (who built the ark before it ever rained), Abraham (who moved to a new land even though he didn't know where God was asking him to go), Abraham's wife Sara (who was ninety years old when God let her have a baby), Moses (who left Pharaoh's palace to suffer with his people who

Lesson Goals

Stress the importance of living in a way that glorifies God.

Stress the importance of Bible Study and Bible Reading so as not to drift away from the truth.

Were slaves and who, with his people, crossed the Red Sea on dry land) and many, many others. These people ran the race of faith and won! They believed God and trusted Him for the answers to their lives and He was pleased with them. Don't you want to run this same race? Don't you want please God? To please Him we must accept the gift He has given us - and that gift is His Son, Jesus. Hebrews 4:7 tells us "Today, please listen, don't turn a deaf ear." Don't turn away from Him. Tell Him you trust Him and want to run the race of faith, of this Christian life, in a way that pleases Him.

We must remember what God has done for us, how He has saved us so that we don't drift away from Him (Hebrews 2:1 The Message). The way to do this is to "go over the story again, item by item . . . (Hebrews 12:3 The Message). That's what we do when we meet here, we go over the story - the story of God's amazing love for us. You can also do this at home or anywhere you are, my remembering and re-reading the Bible story you have heard over and over again. This will keep us from drifting away from the truth!

**Memory Verse
Activity**

There are some words in our verse this week that might need some explaining. Be sure your students understand that the truth they should listen to carefully is God's Word (John 17:17) and that God knows it will help us make the right decisions and not "drift away," or choose our own way.

Prayer Time

Pray, thanking God for helping us in the race we run for Him. Thank him for those who cheer us on and for the decisions they made to believe Him even when they couldn't understand or see what He was talking about.

Clean Up/Snack time

Continue to encourage your students to run a good race. Talk more about the things they might need to "strip off" in order to run well.

Planning for November 7th
James 1-2

Preschool Lesson for Hebrews 11:3

God Made the World

Begin the children with play dough. Let them use cookie cutters, rolling pins or hands to form whatever they want to. Then ask them what they made and what they used to make it with.

Hebrews (as well as Genesis) tells us that God made the world - and that He made it out of things that can be seen! Would it have been hard for you to make your play dough creation if the play dough had been invisible? Yes!

What kinds of things did God make when He made the world? He made the light and called it "day" but called the dark "night." He created the earth and sky. God created plants and trees and made them grow. He even made the sun, moon and stars. Then God made all kinds of animals and even people!

God made all these wonderful things. Which one of the things that God created do you like best? Maybe flowers or fish, maybe even the stars in the night sky! Let's tell God "Thank you" for all these things.

Activities for Hebrews

- **Run Relays.** Form two or more teams, having them line up behind a designated spot. Place cones in front of each team 3-6 yards away. Have each team run to the cone, around it, and back to tag the hand of the next person in line. The team that finishes first, wins. (This relay can also be done by hopping, hopping while holding a beach ball over one's head, hopping on one foot, skipping, running backwards. . . Just be sure to end it with running and reinforce the Bible Story from today.)
 - **Bring along things like a CD, cell phone and calculator.** Show them to your students explaining that you don't completely understand how they work, but that you use them, trusting that they will work, just the same. With God, we don't understand how or why He does what He does, but that shouldn't stop us from trusting Him in faith, believing that He keeps His promises, and that He did the most amazing thing for us when He sent His Son to die for us.
 - **Faith Walk.** Lead your students on a faith walk or pair them up to lead each other. Blind fold the partner who will be led around. Instruct the other partner to give directions concerning turns, upcoming obstacles, etc. with the object being to illustrate trust. Be sure to explain that even more that the partners in class, we can trust God to lead us.
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