



Keep living by faith in Jesus even when it's hard. Hebrews 12:1-3

Craft

<https://www.repeatcrafterme.com/2015/05/learning-to-lace-and-tie-your-shoe-craft.htm>

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Print the shoe pattern. Colour in. Cut out. Put holes for laces. Thread laces. Write the main point on the shoe.

Worksheet

Colouring page

<https://sermons4kids.com/run-the-race-colorpg.htm>

Activity

Create an obstacle course in your house or backyard.

Family Discussion

1. In Heb 12:1-3 the Christian life is described as a running race. Have you ever been in a running race? How was it? What was hard? What helped you finish the race?
2. To live the Christian life the writer of Hebrews says we need to fix our eyes on someone. Who is that?
3. Why was it hard for Jesus to die on the cross to save us from our sin?
4. Did those hard things stop him from dying to save us?
5. If we keep our eyes fixed on Jesus ie we keep thinking about him, then we will remember that we need to keep being a Christian even if there are things that are hard.
6. Pray