



## WEEK THREE – MAY 2019 – SECOND/THIRD

**Bible Story:** *Stop Draggin' My Heart Around* • Hebrews 12:1

**Bottom Line:** *God can help you let go of what is holding you back.*

**Memory Verse:** *“But those who trust in the Lord will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak.” – Isaiah 40:31 NIV*

**Life App:** *Perseverance – Refusing to give up when life gets hard*

**Basic Truth:** *I need to make the wise choice*

**Summary:** In Week Three, we head to Hebrews 12:1 where the author of Hebrews reminds us that when life gets hard, we can look to the heroes of the faith and see how they trusted God through some extremely difficult circumstances. God brought them through those trials, and God will help us through ours.

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## 8:50–9:00 | 10:20–10:30 | 11:50–12:00 – EARLY ARRIVERS ACTIVITIES

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### 1. Early Arriver Idea

*Connect: an activity that invites kids to share with others and build on their understanding*

**What You Need:** Jar; Ball

**What You Do:**

- Welcome kids and spend time engaging in conversation and catching up.
- Invite kids to place their offerings in the *For Everyone* box on the wall near the main entrance
- Hold up the jar. Let one or two kids put their hand inside the jar and then remove their hand.
- Place the ball inside the jar.
- Choose one kid to reach into the jar, grab the ball, and try to remove his hand without letting go of the ball.
- Allow every child to have a turn.
  - Note: If the jar is made of glass, you might want to hold onto it while the kids do this activity, just in case they get really dedicated to getting the ball out!

### 2. Cloud of Witnesses

*Play: an activity that encourages learning through following guidelines and working as a group*

**What You Need:** Prepared half sheets of paper; tape

**What You Do:**

- Attach a paper to each kid's back.
- Make sure kids don't see whose name is on their own paper.
- Then allow kids to interact with each other and ask yes-or-no questions in order to figure out whose name is on their paper.
- If any kids are having trouble figuring theirs out (or if it appears they aren't familiar with that person), you can help them out.

**What You Say:**

*“All of the people you just represented are people who have persevered through tough times or people who have great faith in God. [Transition] Let's go to Large Group, where we'll hear about more people like this that lived a LONG time ago.”*

*Lead your group to the Large Group area.*

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**9:10–9:45 | 10:40–11:15 | 12:10–12:45 – LARGE GROUP**

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### **OVERVIEW:**

**Bottom Line:** *God can help you let go of what is holding you back. It's comforting to know that others have made it through to the other side of difficult times. When we see how God helped them, it helps us trust God more with our own circumstances.*

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**9:45–10:05 | 11:15–11:35 | 12:45–1:05 SMALL GROUP**

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### **1. Wanted**

#### **[Bible Story Review]**

*Create: an activity that explores spiritual ideas through the process of drawing, building, and designing*

**What You Need:** “Hall of Faith” and “WANTED Poster” Activity Pages, markers, pens, Bibles

#### **What You Do:**

- Ask kids to open their Bibles to Hebrews 12 and read the first verse together.
- Tell kids to look at Hebrews 11. Explain that Hebrews 11 is often called the “Hall of Faith,” as it’s kind of the Bible’s version of a “Hall of Fame.”
- Hand out the “Hall of Faith” pages.
- Tell kids to each pick one person on the page and then look up and read the verses about them in Hebrews 11.
- Give each kid a “WANTED Poster.”
- Explain that they’ll write their person’s name in the blank and then draw the person’s face.
- At the bottom of the page, they’ll write a few sentences about what that person persevered through.
- They can look up the other verses on the “Hall of Faith” page if they need more information.

#### **What You Say:**

*“Those people all persevered through some tough situations. Everybody everywhere has hard times to get through. Remember the people whose names were on your backs earlier? Those are some people who have had faith and persevered through some tough times. Tell me something you know about one of those people and why they needed perseverance or how they have showed their faith in God. (Pause for discussion.) **[Make It Personal] (Tell kids about someone in your own life who showed perseverance. Share about how their perseverance affected you and encouraged you to persevere too.)** All of those people were able to let go of what might have held them back, and they didn’t give up. They*

*persevered. And you can too. [Bottom Line] God can help you let go of what is holding you back.”*

## 2. Holding You Back

### [Memory Verse Activity]

*Move: an activity that increases the oxygen in the brain and taps into the energy in the body*

**What You Need:** “Memory Verse Phrases” Activity Pages

#### What You Do:

- Divide kids into two teams.
- Line the teams up at one end of your space, and place the sets of (mixed-up) phrases at the other end of your space.
- Explain that kids will relay to get the phrases, bring them back, and put them in order.
- But the catch is that when one person takes his turn, the two people in line behind him will be holding onto him like a train, with their hands on the shoulders in front of them.
- Allow kids to play as many times as you wish.

#### What You Say:

*“That game was much tougher than it should have been, because you had other people holding you back. Sometimes in life we have people who hold us back, and other times we have sins that hold us back. The things we do that are wrong in God’s eyes can keep us from living the life He wants us to live—which is the best life possible. Those things can be tough to let go of, but we can do it with the strength God gives us. [Bottom Line] God can help you let go of what is holding you back.”*

## 3. Pray and Dismiss

### [Prayer Activity]

*Reflect: an activity that creates space for personal understanding and application*

**What You Need:** Kids’ “WANTED Posters”

#### What You Do:

- Hand out the posters.
- Tell kids to quietly pray that they will trust in God’s strength to help them persevere like that person did and to ask God to help them let go of what is holding them back.
- Close with a prayer similar to the one below.

#### What You Say:

*“Dear God, we thank You for giving us a cloud of witnesses like the ones in Hebrews 11 and like the ones we know right here in our community. (Feel free to name some.) Help US to be like them and persevere and let go of what is holding us back so that WE can also be part of*

*that cloud of witnesses to other people. In Jesus' name, amen. Remember, **[Bottom Line]** God can help you let go of what is holding you back."*

*As adults arrive to pick up, tell them to ask kids about the person on their WANTED poster and why that person needed perseverance.*