



Quiet Time

Check out the pages below to print off and use during Church at home.

Look-Up Time

Have a look at **Hebrews 12:1-3** with your family and chat through these questions:

What is the longest riding/running/swimming race you have ever been in? What was it like? How did you feel at the end?

These verses in Hebrews compare living the Christian life to a running race. What are the sorts of things that hold us back from "running" in our life with Jesus?

What do these verses suggest we do to help us keep going as a Christian? And how can you as an individual and you as a family go about that?

Loud Time

Ask your Mum + Dad if you can check out this cool Memory Verse song from Hillsong Kids:

<https://www.youtube.com/watch?v=OOFcwMd4YME>



Or have a look at this clip which talks about Hebrews 12 too:

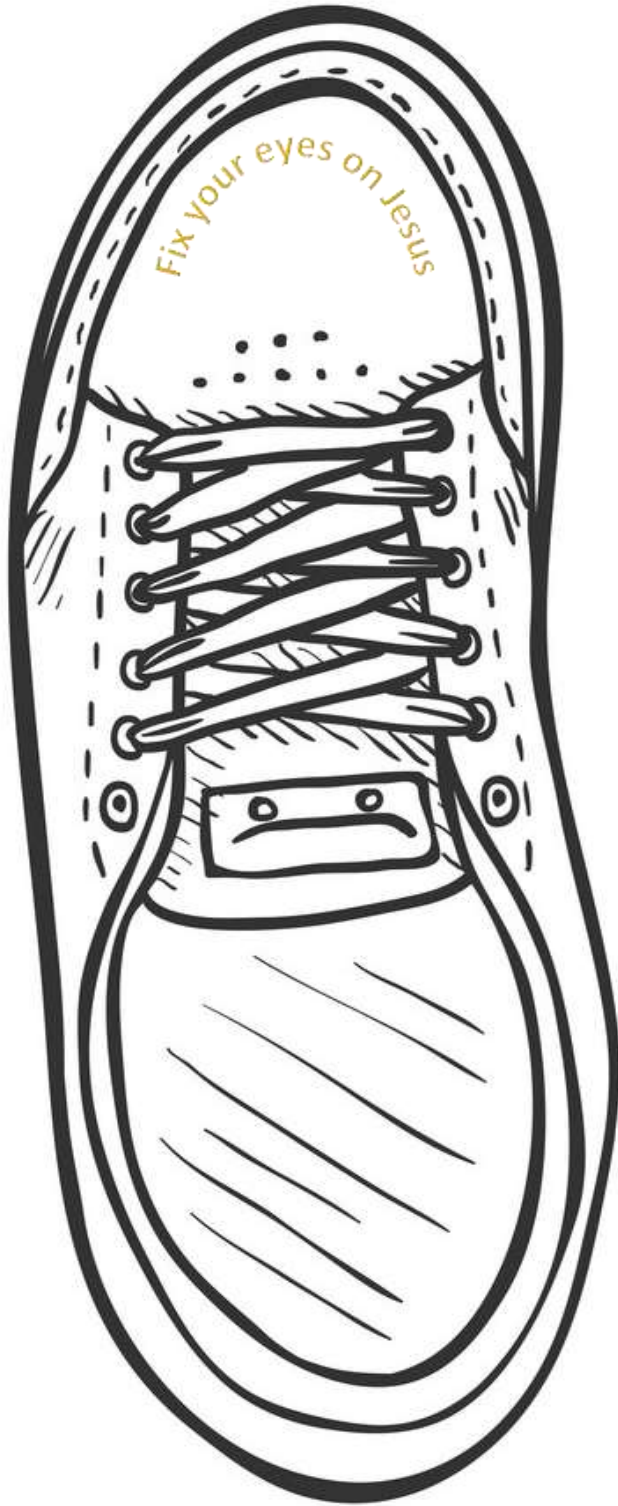
<https://www.youtube.com/watch?v=dPmxXTfWOvg>



Make-It Time

Make a **'Perseverance Shoe'**!

"Let us run with perseverance the race marked out for us" Hebrews 12:1



You will need:
Card
Pencils/textas
Scissors
Wool/string/ribbon
Hole Punch

Method:

1. Print/Trace/Copy this shoe onto card
2. Colour and decorate the shoe
3. Cut the shoe out
4. Get mum or dad to help with using a hole punch or sharp pencil to poke holes where the laces go
5. Thread wool/string/ribbon through the holes and tie up the laces
6. You have made a 'Perseverance Shoe'

Quiet Time Pages:

HEBREWS 12:1-2 WORD SEARCH

Q	W	P	V	B	P	S	U	S	E	J	H
R	Y	I	F	D	E	X	B	Z	N	P	U
E	W	O	T	J	R	L	K	V	T	C	X
T	Q	N	H	N	S	V	X	G	A	D	F
C	P	E	Q	W	E	J	F	Y	N	X	I
E	Y	E	S	M	V	S	Q	P	G	B	X
F	V	R	Q	Z	E	G	S	D	L	F	I
E	W	X	W	O	R	H	T	E	E	B	N
P	Q	Y	N	L	A	G	Z	X	S	C	G
V	R	P	S	I	N	V	B	Y	Q	J	K
B	U	C	P	J	C	R	Z	X	P	K	H
B	N	G	Y	R	E	C	A	R	X	P	K

Perseverance	Sin	Pioneer
Witnesses	Fixing	Jesus
Perfector	Throw	Eyes
Race	Entangles	Run

therefore
WE ALSO, SINCE WE ARE SURROUNDED
by so great a

CLOUD OF WITNESSES

LET US
LAY ASIDE EVERY WEIGHT
and the sin which so easily ensnares us
and

let us
RUN WITH ENDURANCE

THE RACE THAT IS SET BEFORE US

LOOKING INTO JESUS

the author and finisher of our faith,
WHO FOR THE JOY THAT WAS SET BEFORE HIM

ENDURED THE CROSS

despising the shame and

HAS SAT DOWN

at the right hand of
the throne of God."

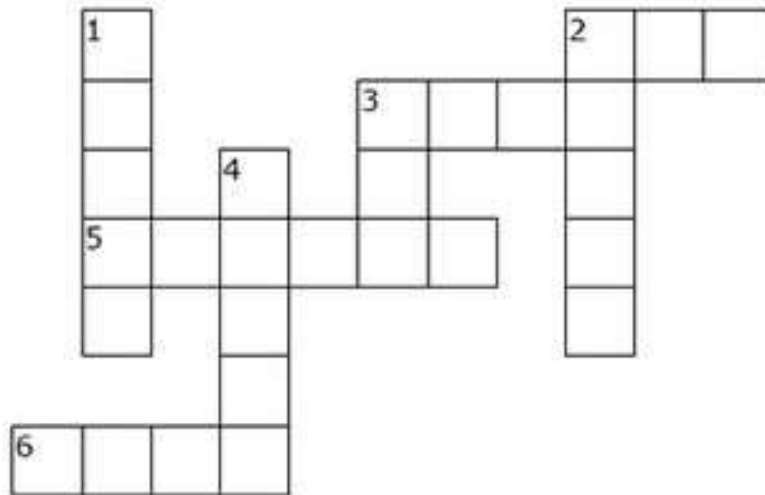
HEBREWS 12:1-2



Run the Race

Let us run with perseverance the race marked out for us. Hebrews 12:1b (NIV)

Based on Hebrews 12:1-2



ACROSS

2. A feeling of great happiness
3. A contest of speed
5. The place where a king or queen is seated
6. The organs which are used to see

DOWN

1. A strong belief in God
2. The Son of God
3. To traveling on foot at a fast pace
4. The wooden structure on which Jesus was crucified;

CROSS	JESUS	RUN	THRONE
FAITH	JOY	EYES	RACE