

Hebrews 11:29–12:2

Who's running with you?

The writer to the Hebrews continues to highlight acts of faith by God's people, recounting miraculous deliverance and steadfastness in trials. The author urges believers to persevere in the face of difficulties and opposition, focusing on Jesus – the ultimate example of faith and the source of salvation.

Read this week's passage:



Outside or inside, create your own race. You could run, hop, or even push toy cars from a start line to the end. Write 'Jesus' on your finish line and have fun running to him. If it's a hot day, why not throw in some water gun-related obstacles for racers to fight through!



Pray

Find out about and pray for persecuted Christians.

Write

Write on a cloud shape the names of people who have encouraged you in your faith. Then write the name of someone you would like to encourage.

Find more free Roots resources to reflect on this week's theme:



Living Scripture

'Let us run with perseverance the race that is set before us.'
Hebrews 12:2

Have you ever run a marathon or a long-distance race? Some long distance runners talk about 'hitting the wall', a sudden loss of energy when runners feel they can't go on. What do we do when we 'hit the wall' in our Christian life? The Hebrews passage gives us some good encouragement to keep going. We have the example of the 'cloud of witnesses' – people who have run the race before us – to cheer us on, like spectators do at a marathon or park run. Park runs also have volunteers called 'tail walkers', who encourage the stragglers to get to the finishing line. We might think of Jesus, who the writer to the Hebrews calls 'the pioneer and perfecter of our faith', as an excellent 'tail walker'. Not only that, but it is he who starts us off on the run, encourages us all along the way and is there to cheer us as we cross the finishing line.

How are your faith energy levels? Are you full of vision and ready to go, speeding along, weary, spiritually un-fit, or have you hit the wall? Where do you imagine Jesus in the race? Running beside you, cheering at the finish line, handing out water, coaching you through? What encouragement do you need to keep going in your faith?

First impressions

- Who are your cheerleaders?
- Whose race can you cheer on at the moment – what can you do practically?
- What helps keep your mind on the finishing line?



Pray

Father God,
help us to inspire other people:
when they feel down, far away from you, or stuck.
Help us inspire them to keep going
and to grow in faith.
Amen.



Listen to 'Waymaker' by Leeland. Read along with the lyrics as you listen to it. Our God is a way maker, a miracle worker and a promise keeper. Even when we don't see it, God is working. Use this song to help us lift our eyes to Jesus and keep focused on the end goal.