



Hebrews 12:1-2

1. We have enemies who don't want us to finish the race.

1 Peter 5:8

2. The devil is a liar who tries to deceive you.

Romans 12:2

3. The world is filled with things that distract you.

Galatians 5:17

4. Your own sinful nature has desires that drag you down.

Hebrews 12:1-2

DRIVE IT HOME:
Keep your eyes on Jesus.



SMALL GROUP TIME

1. Have you ever started something strong but struggled to finish it? What made it hard to keep going?

Help students connect the “race of faith” idea to real life—sports, school projects, or personal goals. The goal is to get them thinking about endurance and focus.

2. Hebrews 12 talks about running the race of faith with perseverance. What are some things that could slow a person down in their faith?

Encourage students to name distractions, temptations, or habits that make following Jesus harder. Transition to the idea that we have real enemies trying to pull us off course.

3. **Read 1 Peter 5:8.** What are some lies the devil uses to try to deceive people today?

(Pg 1363) He wants us to fall into lies about identity, success, worth, purpose, or whether God really loves us.

4. Romans 12:2 warns us not to be shaped by the world’s patterns. What are some things in our world that try to distract you from God?

Let them talk about social media, popularity, comfort, or anything that can steal their attention or priorities.

5. Galatians 5:17 says our sinful nature “wants what is contrary to the Spirit.” What are some examples of how our sinful nature drags us down?

Keep it real but safe: selfishness, jealousy, anger, and pride. Emphasize that everyone has this struggle.

6. When you mess up or lose focus, how does it help to remember that Jesus is still running beside you?

Point them to grace. Jesus doesn’t walk away when we fall; he picks us back up and helps us keep going.

7. What’s one practical way you can “keep your eyes on Jesus” this week?

Encourage specific answers like prayer, reading Scripture, talking to a Christian friend, or remembering a Bible verse when tempted or distracted.

Evening Prayer

I thank you, my heavenly Father, through Jesus Christ, your dear Son,
that you have graciously kept me this day.

Forgive me all my sins, and graciously keep me this night.

Into your hands I commend my body, and soul, and all things.

Let your holy angel be with me, that the wicked foe may have no power over me.

Amen.

Name: _____



Memory

The Holy Spirit strengthens your faith when you use the Bible, so it's a good thing to know your way around it. Start memorizing the names of the Old Testament books of the Bible in order. Memorize the rest of the books of the Old Testament so that you can recite them out loud.

Genesis	1 & 2 Kings	Song of Songs	Obadiah
Exodus	1 & 2 Chronicles	Isaiah	Jonah
Leviticus	Ezra	Jeremiah	Micah
Numbers	Nehemiah	Lamentations	Nahum
Deuteronomy	Esther	Ezekiel	Habakkuk
Joshua	Job	Daniel	Zephaniah
Judges	Psalms	Hosea	Haggai
Ruth	Proverbs	Joel	Zechariah
1 & 2 Samuel	Ecclesiastes	Amos	Malachi

