



**Age Group:** AMP (K-4th Grade)

**Date:** March 22, 2020

**Big Idea:** Our faith grows when we live for Jesus and keep our eyes on Him.

**Scripture:** Hebrews 12:1 (NIRV) *“A huge cloud of witnesses is all around us. So let us throw off everything that stands in our way. Let us throw off any sin that holds on to us so tightly. And let us keep on running the race marked out for us.”*

### **Discussion:**

- We are continuing to learn through the book of Hebrews! In our video lesson this week, we learned that our faith grows when we live for Jesus and keep our eyes on Him.
- Let’s take a look at our verse again!
  - Hebrews 12:1 (NIRV) *“A huge cloud of witnesses is all around us. So let us throw off everything that stands in our way. Let us throw off any sin that holds on to us so tightly. And let us keep on running the race marked out for us.”*
- What does it mean to throw off our sin?
  - God wants us to throw off the things that hold us back and weigh us down. Sin keeps us from following Jesus and running the race well.
  - Imagine if you had to wear a heavy winter coat while you ran a race. You would be super slow! Sin holds us back from serving God freely.
- In our video lesson, we found a medal in the treasure chest! How did we connect a medal to keeping our eyes on Jesus?
  - When we throw off our sin and keep our eyes on Jesus we can finish the race that we are on and win the prize of everlasting life with God.

You can skip down to the prayer or do the optional object lesson .

### **Optional Object Lesson:**

**Supplies:** Orange or clementine, sharpie marker, clear glass or bowl of water, paper with the word “finish” written on it.

- Start by placing the paper with the word “finish” under the glass or bowl.
- Hold up the orange and say, “Let’s imagine this orange is us. We all sin and make mistakes. What are some ways we sin?”
- Use the sharpie marker to write some of the sins on the skin of the orange.
- Say, “Now lets see what happens when we try to reach the finish line with all of these sins.”
- Place the orange or clementine in the water and see that it floats and does not go to the finish line at the bottom of the bowl/cup.
- Say, “Now let’s peel off and lay down all of this sin.”
- Peel the orange and then hold it over the bowl/cup.
- Say, “Okay, now let’s see if we can reach the finish line now that we have gotten rid of the sins holding us back.”
- Drop the orange into the water and watch it sink down to the finish line.
- Say, “Isn’t that amazing! When we lay down our sins and give them to God we can finally reach the finish line. Jesus died and took the punishment that we deserve for our sins. If we put our faith in Jesus and follow Him, we can reach the prize of a life with God!”

### **Prayer:**

Let’s pray together: Dear God. Thank you for Jesus. Help us to lay down our sins and follow you. We love you God. Amen.