



**Age Group:** Verge (5th-6th 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 Questions:**

- 1. Have you run a race before? How different would it feel to run with a heavy backpack weighing you down?**
- 2. What hinders us, or keeps us, from honoring God in our lives?** Other people’s opinions, toxic friendships not pointing us to God, patterned sin habits that need to be laid down.
- 3. What changes can you make in your life to “run with endurance” and “throw off every sin that holds on tightly”?** Starting your day off by reading the Bible to remind ourselves of God’s truths, praying throughout the day for wisdom on decisions, gathering with other believers, confessing sins that are hard to let go of.
- 4. Think of one thing you intentionally want to lay down at the feet of Jesus on the cross. He came, He died, and He rose again to take away the “backpack” you carry with you (your sins). What are you still holding on to? Write it down and pray about it this week. If you enjoy art, maybe you can create something to help you remember!**