



**Mustard Seed Sunday School Lesson Summary for June 22, 2008
Released on Wednesday, June 18, 2008**

“Jesus, Our Leader”

Lesson Text: Hebrews 12:1–13.

Devotional Reading: Proverbs 3:5–12.

Background Scripture: Hebrews 12:1–13.

Place: unknown

Time: about A.D. 67

GOLDEN TEXT: “Let us run with patience the race that is set before us, looking unto Jesus the author and finisher of our faith” (Hebrews 12:1–2).

SCRIPTURE LESSON TEXT: Hebrews 12:1–13

1Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,

2Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

3For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds.

4Ye have not yet resisted unto blood, striving against sin.

5And ye have forgotten the exhortation which speaketh unto you as unto children, My son, despise not thou the chastening of the Lord, nor faint when thou art rebuked of him:

6For whom the Lord loveth he chasteneth, and scourgeth every son whom he receiveth.

7If ye endure chastening, God dealeth with you as with sons; for what son is he whom the father chasteneth not?

8But if ye be without chastisement, whereof all are partakers, then are ye bastards, and not sons.

9 Furthermore we have had fathers of our flesh which corrected us, and we gave them reverence: shall we not much rather be in subjection unto the Father of spirits, and live?

10 For they verily for a few days chastened us after their own pleasure; but he for our profit, that we might be partakers of his holiness.

11 Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby.

12 Wherefore lift up the hands which hang down, and the feeble knees;

13 And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed.

TEACHER'S NOTES ON THE LESSON

Read Hebrews 11 before you begin studying this week's text in Hebrews 12. The long list of those who lived and died by faith challenges us to put off hindrances and run life's race.

The point once again is that Jesus is better than these amazing men and women of faith.

Jesus experienced shame, suffering, and the struggle against sin, even to shedding His blood. His goal was to provide salvation and to obey His Father. Believers should expect shame, struggle against sin, and correction from God. Our goal is to be like Jesus, our Leader.

To do that we need to keep looking at Jesus. He demonstrated how to obey God with joy even through the worst of suffering.

THE OBJECT IN VIEW:

Teach children to follow the example of Jesus, our Leader.

TRUTHS TO STRESS:

1. Jesus showed us how to live.
2. We should get rid of sin.
3. We should be thankful and do right even in hard times.

PLANNING VISUAL AIDS:

For Telling the Lesson, you will need a completed handwork sample from Helping to Remember as well as visuals from previous lessons. Write the golden text on a dry erase board or chalkboard.

For Helping to Remember, you will need a sheet of construction paper and a 12-inch chenille wire (looks like fuzzy twisties) for each student. You will also need markers or crayons and glue.

BEGINNING THE LESSON:

"Ready! Set!" Mrs. Tanner called to the children lined up for the race. The youngsters leaned forward.

"Go!" The children dashed toward the orange cones marking the finish line—all except Billy.

When a fly landed on his nose, he swatted it. Billy ran a few steps and then stopped to pick up a big rock. It was so heavy he could hardly run. Suddenly Billy's foot landed in a hole. Down he fell, face first.

The Bible tells us that being a Christian is like running in a race.

TELLING THE LESSON:

God gives us many examples of men and women who obeyed God. Abraham and Sarah and Joshua are some of these.

In the book of Hebrews we have been learning about Jesus, God's Son. (Point to previous lesson visuals if available.) He is the great High Priest who prays for us. Only Jesus can forgive our sin.

Hebrews 12:1—2 tells us to keep our eyes on someone. Read the golden text with me. (Point to the verse on the board.)

To whom should we look? We should look to Jesus. (Display handword sample.) He is the best example. We should follow Him; Jesus is our Leader.

What happens if a runner carries a heavy weight on his back? (He gets tired and slows down.)

Sin is a heavy weight. A Christian must get rid of sin. When you are tempted to do wrong, pray and ask Jesus to help you obey God.

Sometimes even things that are good become weights. They keep us from doing what God desires. Do sports or other activities keep you from being in church? Do you have time to watch television but not to read your Bible? If so, these are weights that keep you from being all God wants you to be.

Look at Jesus. He is our Leader. He is holy. If we want to be like Jesus, we must not follow sin.

A runner trains hard for races. While others are taking life easy, he is working hard to be in shape.

Was Jesus' life on earth easy? No. Jesus suffered many things. Religious leaders hated Him. The soldiers made fun of Him, beat Him, and nailed Him to the cross.

The book of Hebrews says that Jesus suffered all this because He looked with joy to finishing His race. He loves us! He was doing what God wanted Him to do—paying the penalty for our sin. Jesus looked ahead to the prize at the end. Today Jesus is seated at the right side of the throne of God.

Perhaps some people make fun of you when you obey God. It is hard to be different from people around you, but keep following your Leader. Be joyful because you know eternal life with God is waiting.

Sometimes a coach has to correct a runner to help him change the way he is running. When a child does not obey his parents, he needs to be corrected with a scolding or by sitting in a quiet place to think about what he did wrong. Sometimes a child must be spanked to help him obey. If your parents love you, they will discipline you. This will help you do what is right next time.

God corrects His children too. He teaches us to be holy. Jesus is without sin. If we are following Jesus, we must do right. God corrects us when we go the wrong way.

Obedying God brings joy and peace. Be thankful for hard times. When you obey God and do what is right, you encourage others to obey Him. Remember that one day Christians will live with God forever. We will be like Jesus, our Leader.

TELLING HOW TO LIVE:

Christians are often like Billy. We get weighed down. Other things demand our attention. We do not remember that we must keep going until we reach the finish line. Sometimes children think they are too young to follow Jesus. Although you do not understand all of the Bible, you can obey what you do know.

What are some ways that you can follow Jesus? (Obey. Listen to Bible teaching. Memorize verses. Read the Bible and pray. Talk about Jesus.)

HELPING TO REMEMBER:

Form a nickel-sized circle in the middle of the chenille wire. Twist to secure. Twist the two chenille wire ends together below the head circle to form a body. Then shape the two ends into running legs. Glue the figure on paper facing right. Draw arms and a face. Draw a cross in the upper right corner. Write "Looking unto Jesus" at the top of the paper and "Let Us Run the Race" at the bottom.

EXPLAINING THE GOLDEN TEXT:

"Let us run with patience the race that is set before us, looking unto Jesus the author and finisher of our faith" (Hebrews 12:1—2).

The Christian life is like running a race. We must do what is right all the time without getting upset or quitting. That is patience.

MUSTARD SEED LESSON ACTIVITIES:

"Jesus, Our Leader" (Hebrews 12:1–13)

CIRCLE THE CORRECT WORDS:

1. "Wherefore seeing we also are compassed about with so great a cloud of [**WATER, WITNESSES**], let us lay aside every weight, and the [**SIN, SALT**] which doth so easily beset us, and let us run with patience the race that is set before us." Hebrews 12:1
2. "Looking unto Jesus the [**AUTHOR, ANCHOR**] and finisher of our faith; who for the joy that was set before him endured the cross, despised the shame, and is set down at the [**REAR, RIGHT**] hand of the throne of God." Hebrews 12:2
3. "For consider him that endured such contradiction of [**SOLDIERS, SINNERS**] against himself, lest ye be wearied and faint in your [**MIDST, MINDS**]." Hebrews 12:3
4. "Ye have not yet [**RESTED, RESISTED**] unto blood, striving against [**SIN, SATAN**]." Hebrews 12:4

TRUE OR FALSE:

5. We are not to be angry when our parents correct us. We are to be grateful that they love us enough to discipline our errors.
Hebrews 12:5. **TRUE OR FALSE**
6. The Lord does *not* love those children whom He corrects. He punishes us because He wants to make our lives miserable.
Hebrews 12:6–8 **TRUE OR FALSE**
7. We should give God more respect than we give our earthly mothers and fathers because He always does what is best for us every time.
Hebrews 12:9–10 **TRUE OR FALSE**
8. When we are being corrected by God, it makes us feel bad; it hurts. But, afterward, we feel good because we know that we have been made more righteous like Jesus. Hebrews 12:11 **TRUE OR FALSE**

MUSTARD SEED LESSON ACTIVITIES:
"Jesus, Our Leader"
(Hebrews 12:1–13)



Memory Verse:

"Let us run with patience the race that is set before us, looking unto Jesus the author and finisher of our faith" (Hebrews 12:1–2).

MUSTARD SEED LESSON ACTIVITIES:
"Jesus, Our Leader"
(Hebrews 12:1–13)

WORD SEARCH

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

AIR
COMPETES
CORINTHIANS
CROWN
DISCIPLINE

DISQUALIFIED
FIGHT
IMPERISHABLE
PERISHABLE
PREACH

PRIZE
RACE
RECEIVES
RUN

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