

# Nehemiah Review

## “Don’t Give Up!”

**Scripture:** Various Nehemiah Scriptures and Hebrews 12:1-2

**Memory Verse:** Hebrews 12:1b-2a “...let us run with endurance the race that is set before us, looking unto Jesus...”

**Lesson Focus:** Nehemiah finished his race of faith well. We will do a quick review of what we learned about Nehemiah and then look at Hebrews 12 where we are challenged to run our race with endurance just like Nehemiah did.

**Activities and Crafts:** Building the Temple Coloring Picture, Word Search of different terms from lesson, Bring it Home Discussion for 3<sup>rd</sup> – 5<sup>th</sup>.  
Craft for 1<sup>st</sup> & 2<sup>nd</sup>: Jesus Shoe Necklace

**Starter Activity:** Nehemiah Kahoot Review Game

We will keep all of the kids in the Summit Room immediately after worship for a Kahoot Quiz game. This quiz game will review the main lessons and points that we have learned this spring about the book of Nehemiah.

**Teachers:** For a Kahoot! to work, you will need to have a smartphone with you. The phone is how you will interface with the game. The questions will be put up on the screen and the answers will be multiple choice answers that you will enter through your phone. It is really fun and should lead us perfectly into our Bible lesson. Work together with the kids on your answers. **We will have prizes for the winning team!**

Afterwards, we will transition into the lesson with a couple of questions and then dismiss the 1<sup>st</sup>/2<sup>nd</sup> graders back to their classes.

The last question of our quiz pointed out how Nehemiah was a man who **DID NOT GIVE UP**. He came to do God’s work of re-building the city wall and he **CONTINUED** walking with God, trusting in God, and praying to God, even when it was hard.

Q: What were some of the difficulties that Nehemiah faced?

A: Threats from enemies, betrayal from friends, ridicule.

Q: But did he give up? NO!

Well, this isn’t just the story of Nehemiah, but this is what God wants for all Christians. In many places the Bible describes our life as a race. \* Nehemiah finished his race and he finished it well. God wants us to finish our race well also. Let’s open our Bibles and look at what the book of **Hebrews** has to say about this race.

## Bible Study:

**Hebrews 12:1a:** This passage begins with “Therefore”. Every time you start reading the Bible with the word “therefore” you should ask: “*What is it THERE FOR?*” \*

**Teachers:** Consider connecting the “therefore” back to Chapter 11 by asking kids to look up these verses and have them tell you the Bible character mentioned. Then ask the kids or summarize how that character showed a “never-giving-up” faith and trust in God.

- **v. 7 (Noah):** Obeyed God by building the ark when everyone else laughed at him
- **v. 11 (Sarah):** Trusted in God’s promise to give her and Abraham a child even when she was a very old woman (over 90 years old!)
- **v. 22 (Joseph):** Never gave up on God even when he was thrown into prison for something he didn’t do!
- **v. 25 (Moses):** Believed in God to deliver God’s people from Egypt and split the Red Sea!
- **v. 31 (Rahab):** She was an enemy of God in Jericho, but believed and was saved from the destruction. She was even the great, great, great...grandmother of Jesus!

What should always encourage is that these folks **WERE NOT PERFECT!** They made mistakes just like you and me. But they finished their race well!

So, when it says we are “*surrounded by a great cloud of witnesses*”, it is encouraging us to look back at their example. In other words, “**if they can do it, you can do it too!**”

**Hebrews 12:1b:** This next part of the verse talks about how we need to prepare for this race. The first thing it says we need to do is “*lay aside every weight*”.

**Teachers:** Consider bringing in a weight or something heavy and tie it to a rope (get some rope from resource room). Then ask a volunteer to come up and try running with that weight tied to their foot. Ask the kids if the weight helped them go faster or slower.

Q: So as we run our race as Christians, what are some “weights” that you think might slow us down?

A: SIN! Lying, anger, pride, selfishness, laziness, etc.

**Hebrews 12:1c:** The Bible continues to describe this weight as the “*sin which so easily ensnares us*”.

Q: What does it mean to be ensnared? A: Trapped or entangled. **Teachers:** Consider taking the rope and tying it around the feet of another volunteer. Now have them try running across the room and ask the kids if it helped them go faster or slower.

God wants us to strip off anything that will slow us down or trip us up in our race. Sin stops us in our tracks and when we sin, we must repent which means we turn away from our sin and turn back to God. \*

**Hebrews 12:1d:** So as we turn away from our sin, then we can “*run with endurance the race that is set before us.*”

Q: Who knows what endurance means?

A: It means we continue, we fight, we don't give up! We continue loving God, learning about God from His word, praying to God, trusting in God, and obeying God just like Nehemiah and those others that we talked about from chapter 11.

Q: Does this sound easy or hard? A: Let's be honest. It's hard! \*

But guess who promises to HELP us and be with us? God Himself! (**Hebrews 13:6**) God does not promise that the race will be easy, but He does promise to be with us and help us finish! Sometimes it might even be God who is carrying you forward in the race!

**Teachers:** Consider sharing a personal story of how the Lord really helped you CONTINUE even when you wanted to give up. \*

**Hebrews 12:2a:** Who do we look to as we run? JESUS!

Notice it does NOT say we are to look to the person next to us running the same race.

Q: What might happen if you are only looking at the person next to you?

A: You might get jealous and discouraged especially if they get ahead! \*

No, we look only to Jesus by daily loving Him and following Him. Paul said in **Philippians 4:13**, “*I can do all things through Christ Who strengthens me.*” \*

**Hebrews 12:2b:** Because He is the author and the finisher! Our race begins and ends with Him!

Sometimes people may think that being a Christian means you believe in Jesus one day to get saved, and then you can just forget about Him every day afterwards. NO WAY!

When you first believe and trust in Jesus, that is the BEGINNING of the race! **Colossians 2:6** says “*as you have received Christ Jesus the Lord, so walk in Him!*” When you get saved, you are just getting started. Now as a child of God you continue in this race with Him as your Helper and your Coach!

**Hebrews 12:2c:** Wow! Jesus is the One who loves you so much that He JOYFULLY went to the cross to die for your sin! God the Son suffered and finished His race so that you could finish yours.

**Key Point:** You kids will be moving into the next class in a couple of weeks. Like Nehemiah, like Moses, like Sarah, like David, **DON'T GIVE UP! CONTINUE** running your race with Jesus even into your next class. Listen to what Paul said at the end of his life. “*I have fought the good fight, I have finished the race, I have kept the faith.*” (**2 Timothy 4:7**) Look unto Jesus, run your race, and finish it well too!

**Small Group Time Afterwards:** Since this may be the last time you will be with this group of kids with them graduating later in the month, spend some extra time with them in a small group setting and encourage them to CONTINUE and NOT to give up in their walk with Jesus! Some ideas for further discussion:

Ask the kids what are some things that they do or situations that they are in where they might be tempted to “throw in the towel” and quit. (some examples could be messing up during a piano recital, striking out in baseball, or maybe getting made fun of for talking about Jesus at school)

Then remind the kids from our memory verse who we are to look to as we live our lives as Christians: JESUS! Point out in those examples of quitting that your eyes were taken off of Jesus and put onto other things.

Jesus promises to be with us and help us CONTINUE in our race. Split the kids into four groups and assign one of these passages of Scripture to each group:

**1) Isaiah 40:31   2) Romans 8:31   3) Hebrews 13:5-6   4) Deuteronomy 31:6**

Have them come up with some key words from these verses that encourage them to CONTINUE in their walk as believers and followers of Jesus and have them share those key words with the group.

Then close in prayer with the kids and encourage them to CONTINUE running their race as they enter into the next grade!

# Bring It Home

Download at: <https://rmcalvary.org/volunteering/childrens-ministry/family-resources/>

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**Scripture:** Various Nehemiah Scriptures and Hebrews 12:1-2

**Memory Verse:** Hebrews 12:1b-2a “...let us run with endurance the race that is set before us, looking unto Jesus...”

**Teachers/Parents:** Wrapping up our study of Nehemiah today we emphasized how he was a man of faith who never gave up, but continued trusting in God and doing God’s work. He ran his race in God’s strength and finished his race well. As you look back on this study of Nehemiah, what inspired or challenged you the most about Nehemiah’s life?

## Discussion Questions:

- 1) We studied **Hebrews 12:1-2** as a class which exhorts us to run our own race. The first part of **Hebrews 12:1** refers to this “*great cloud of witnesses*” which, in context, are the Old Testament saints listed in chapter 11 who finished their races of faith well. Read through some of that chapter to see some of the characters. Who is your favorite Bible character from the Old Testament and why?
- 2) **Hebrews 12:1** talks about laying aside things that weigh us down as we run our race with the Lord. What do you think this is talking about? Can you think of anything you need to lay aside so that you can run your race with the Lord more effectively?
- 3) Read the last part of **Hebrews 12:1**. How does it encourage us to run the race that is set before us?
- 4) The Bible uses this illustration of a race for our lives of faith in other places as well. **Read 1 Corinthians 9:24-27**. What is Paul challenging us to do in v. 24?
- 5) Read **Hebrews 12:2**. Who do we fix our eyes on in our race?
- 6) In **Hebrews 12:2**, Jesus is described as both the author and finisher of our faith. He doesn’t promise that our race will be easy, but He does promise that He will be with us all the way as we look to Him. What are some practical ways that you can look to Jesus this week in your daily walk with Him?
- 7) Read **Deuteronomy 31:6**. What promise did God make here?