



## Heroes of the Faith Lesson 11 - Grab the Torch

**Read** the Bible passages aloud. Then, answer the questions together. Be sure everyone has a chance to speak.

And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.

[Hebrews 11:6, NLT](#)

Everyone who believes that Jesus is the Christ has become a child of God. And everyone who loves the Father loves his children, too. We know we love God's children if we love God and obey his commandments. Loving God means keeping his commandments, and his commandments are not burdensome. For every child of God defeats this evil world, and we achieve this victory through our faith. And who can win this battle against the world? Only those who believe that Jesus is the Son of God.

[1 John 5:1-5, NLT](#)



Jesus told him, "I am the way, the truth, and the life. No one can come to the Father except through me.

[John 14:6, NLT](#)

### **To Discuss:**

- What do you think it means to run the race of faith?
- Who helps us when we feel like giving up?
- Why is sin like extra weight that slows us down in the race of faith?
- What can we do when we face challenges or temptations while running our race?
- What is one way you can "train" to be a better runner in the race of faith?
- Have you ever asked Jesus to help you run your race? If not, would you like to?
- What are some things that might distract you from following Jesus?
- How can you encourage someone else to stay in the race of faith?



### Activity: Training for the Race

**Obstacle Course (Optional):** Set up a simple obstacle course at home to represent the race of faith. Use pillows, chairs, or other items as obstacles. Talk about how some obstacles are like temptations or challenges we face.

**Weights and Shoes:** Have someone put on a backpack with heavy items (e.g., books or rocks) to show how sin weighs us down. Then, take off the backpack to represent how Jesus takes away our sin. End by putting on running shoes to symbolize being equipped to run the race of faith.

- What did the weights feel like?
- How does it feel to be free and ready to run the race with Jesus?