



Heroes of the Faith Lesson 12 - Running the Race

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

“Then the King will say to those on his right, ‘Come, you who are blessed by my Father, inherit the Kingdom prepared for you from the creation of the world. I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me.’

“Then these righteous ones will reply, ‘Lord, when did we ever see you hungry and feed you? Or thirsty and give you something to drink? Or a stranger and show you hospitality? Or naked and give you clothing? When did we ever see you sick or in prison and visit you?’

“And the King will say, ‘I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!’

“Then the King will turn to those on the left and say, ‘Away with you, you cursed ones, into the eternal fire prepared for the devil and his demons. For I was hungry, and you didn’t feed me. I was thirsty, and you didn’t give me a drink. I was a stranger, and you didn’t invite me into your home. I was naked, and you didn’t give me clothing. I was sick and in prison, and you didn’t visit me.’

“Then they will reply, ‘Lord, when did we ever see you hungry or thirsty or a stranger or naked or sick or in prison, and not help you?’

Matthew 25: 34-44, NLT

But Jesus often withdrew to the wilderness for prayer.

Luke 5:6, NLT

But the man went and spread the word, proclaiming to everyone what had happened. As a result, large crowds soon surrounded Jesus, and he couldn’t publicly enter a town anywhere. He had to stay out in the secluded places, but people from everywhere kept coming to him.

Mark 1:45, NLT



To Discuss:

- What are some things athletes do to get ready for a big race or game?
- How can we get ready to follow Jesus every day?

- What do you think it means to have "spiritual discipline"?
- How does praying, reading the Bible, or serving others help us grow stronger in our faith?
- What is one way you can "train" to grow closer to Jesus this week?
- Is there a spiritual discipline (like prayer or Bible reading) that you'd like to start or do more often?

- What distractions keep you from training in your faith?
- How can you encourage someone else to stay disciplined in their faith journey?

Activity: Spiritual Training Plan

Create a "Training Schedule": As a family, make a simple weekly plan for practicing spiritual disciplines. Include:

- Time for prayer.
- Time to read or memorize a Bible verse.
- A way to serve someone else or show kindness.

Pick one discipline to do as a family during your discussion time, such as reading a short Bible passage together or praying for someone you know.

- How does practicing these things help us grow closer to God?
- Why is it important to stay consistent, even when it's hard?

