

## Sunday School Lesson Outline



**Lesson:** Hard Hearts  
**Passage:** Hebrews 3:1-4:13  
**Big Idea:** Today we won't be like Israelites, instead we'll obey what God says.  
**Main Aim:** Learn the lesson from the Israelites: it really matters to obey what God says.  
**Key verses:** Hebrews 3:12-15

**Please pray** for the lesson preparation, that God's word would feed us and the children.

**Laptop/tablet + speaker:** You will need to bring a device to play media.

If needed, Jonny can provide **a laptop and Bluetooth speaker**. 😊

**Additional resources for prep:** Grace Group booklets or talk to Jonny if needed.

### Hebrews Overview

The Letter to the Hebrews tells us (at least) two things: why we must keep going as Christians, and why we are absolutely able to keep going to the end. It's Jesus. Jesus is Even Better, he is The Best. He is the help we need to run across the finish line.

We need to learn from Israel's mistakes, and also realise that with Jesus we have all we need.

### Passage overview – Talk outline on page 3.

There are lots of details. Here is the basic train of thought:

1. Moses and Jesus were faithful. Will we be faithful? 3:1-6  
 There is a way to be faithful. Let's see...
2. Today if you hear God speaking, do not harden your hearts. 3:7-15  
 Take care. Encourage each other not to disbelieve! Because...
3. Israel hardened their hearts and they died. 3:16-4:2
4. The rest is still ahead of us, just like it was for Israel. 4:3-10
5. So, strive to enter the rest! Don't disbelieve/disobey. 4:11-13

*Main Aim/Application - For them then & us now.*

Let's learn the lesson from Israel. They had hard hearts and they died.

So together, let's do all we can to not have a hard heart today.

### Groups

At CW – Prepare for **Sailors and Officers**, taught together.

At GR & EC – Prepare for either **Sailors or Officers**, taught separately.

Ages
<b>Sailors: Age 3 to Year 2</b>
<b>Officers: Years 3-6</b>

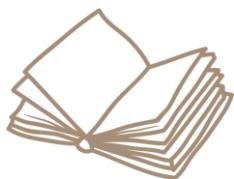
## Lesson Overview

**Get Going**  
~3 min + Song



Welcome & Pray  
Intro Idea  
Song

**Bible Talk**  
~10 mins



The Big Idea  
The Main Aim

**Heart & Hands**  
~30 mins



Craft/Worksheet  
Further teaching  
Memory verse

**Catechisms**  
~10 mins

The New City  
Catechism for Kids



Practice Together

**Land the Lesson**



Recap  
Pray  
Extra Fun Time



### Get Going

Welcome, Pray, Introduction idea & Song

At GR and EC the Sailor Leader will lead the “Get Going” section, by default.

### Welcome and connect briefly with the children

- Ask a fun question. Something like:  
Was your week good or bad? Show me with thumbs up/down/halfway. Why?  
How was your week out of 10? Show me with fingers. Why?  
What's the most fun/boring thing that happened? The best food you ate? Smelliest smell?

### Prayer by the leader

- Help us to listen carefully to what God has to say to us today, and to have fun.

### Set expectations:

- Rules:
  - We listen to the leader.
  - We love our neighbour.
- We're here to learn about Jesus and have fun.
- If you need the toilet, let us know and we'll take you.

### Intro Idea - Introduce the “Big Idea” of the passage with Intro Powerpoint slides.

- Ask the children – What lesson do we learn from this picture?
  - Slippy ice.
  - Undone shoelaces
  - Drink is too hot.
  - Israel in the desert.
    - They heard God's voice, but they had hard hearts and so they died. They didn't believe what he said! We need to learn their lesson. Let's not have hard hearts.

### Sing - If needed, talk through the words and actions before singing.

Super Saviour: [Super Saviour](#)

Air guitar solo halfway through. Actions here: <https://www.youtube.com/watch?v=ZJs9tYS3sjc>



## Bible Talk

Teaching the Big Idea & Main Aim.

Using the ICB translation: International Children's Bible.

Available at: [Bible Gateway](#)

*Keep it clear and snappy.*

*Centre the talk on the Big Idea and the Main Aim.*

*Have a Bible open throughout to show that we're teaching from God's word, and not from our heads.*

*Think of ways to make the Bible talk engaging. Ideas for this are below.*

### Key Verses – Hebrews 3:12-15

#### Teaching an Epistle

- It can be easy to get bogged down in details.  
Stick to the Big Idea as we teach it to the children.
- Use the narrative elements where possible.  
The sermon to the Hebrews has many references to Jesus' story and Israel's story.  
We can pick up and dramatise these elements.

#### Lesson Points

##### Introduction

We might know that God speaks to us through Jesus.

And we really need to listen because Jesus is awesome!

But we might not be sure if it's really that bad not to obey God.

Sometimes we don't obey our parents/carers.

We don't do what they said.

That's bad.

Sometimes we don't obey our teachers.

We don't do what they said.

That's bad.

But we might not be sure how much it matters if we don't obey God.

We can't see him like we can see our family and teachers.

So we might not think it matters.

Let's see...

1. God says, today, if you hear my voice, don't have hard hearts. *Hebrews 3:7-9*  
God has a kind voice.  
He makes kind promises.

God says, if you hear my voice.

Don't have hard hearts.

*Which day is "today"? What about tomorrow? When is that called today?*

*God says, as long as today is today, obey my voice!*

Today, we need to obey God's voice.

What do we think it might mean to have a hard heart?

It's when someone doesn't want to listen, obey, believe what God said.

2. Because, Israel had hard hearts, and they all died!

*Hebrews 3:16-19*

*Act out Israel in the desert.*

*"The promised land" picture is ahead of us.*

*The "Saved" picture is behind us.*

*God rescued them. He saved them.*

*Then God gave them Good News! A prophet comes...*

*Trust me! The promised land is coming! It's going to be amazing.*

*But they didn't trust his words were true. They didn't obey. They had hard hearts.*

*They didn't want to go into the promised land.*

*So, they all died. Act out everyone falling over.*

We learn the lesson from Israel.

We need to obey God's voice, it really matters!

Because Israel didn't obey and they died.

They didn't get God's promises.

3. So today, we keep obeying God's voice.

*Hebrews 3:13, 4:11*

*Has anyone ever been on a long walk? A long run? A long journey? What was it like?*

*Sometimes people say, come on! Keep going.*

We need each other every day.

We need to say to each other, come on! Keep believing!

*Which day is "today"? What about tomorrow? When is that called today?*

*God says, as long as today is today, obey my voice!*

Together we need to remember what happened to Israel.

And we need to keep obeying God's voice.

### *Conclusion*

We might think we don't really need to obey what God says.

Because we can't see him.

God is so kind to give us New creation promises.

And promises that our sins are forgiven.

But we need to obey what he said.

God's voice is in the Bible when we read,

Or when someone speaks to us about God at church or in Sunday school.

We need to obey what God says.

But actually, we learn the lesson from the Israelites.  
 We help each other to obey what God said.  
 As long as today is called today.

**Brief application** - The Main Aim expanded.

- **Sailors** State the Main Aim application and expand it a bit.  
 When we're at home/school/church or when we're sad/happy/tired...  
 This is how it's right to think/act/talk/feel.  
 Give a concrete example:  
 "When we feel x, we can remember y"
- **Officers** Ask questions to arrive at the Main aim application.  
 How does this help us think/act/talk/feel differently?  
 What about at home/school/church or when we're sad/happy/tired?  
 Give a concrete example:  
 "When we feel x, we can remember y"

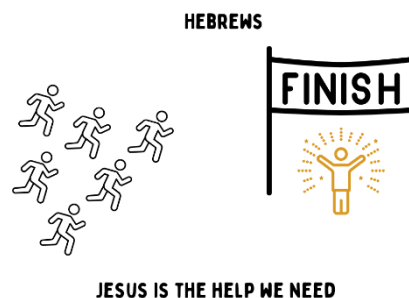
**Teaching ideas** - Ask Jonny if you'd like more ideas.

- Use the *Hebrews* series teaching image.

This is laminated and in the Sunday School box.

We're finding out why Jesus is The Best.

He is what we need to keep running the race to the end.



- Use the teaching images.

Lay them out as you explain. They can help children track through the talk.

- Act something out.

Could you act out what the passage is talking about?

- Use actions and a catch phrase.

For example: "We don't fear man (*trebling action and point at children*),  
 instead we fear God! (*Tremble and point up*)."

Today, if you hear his voice. *Listening ear*.

Do not harden your hearts. *Scrunch hands on heart*.

Learn from the Israelites. *Tap head*.

- **Sailors - More question ideas:** What noise/ smell do you think it made? How many stars did he see? Have you ever seen that before? How did he feel? What face would she have made?
- **Sailors - More teaching ideas:** Make actions to copy at certain points, act it out with costumes and scenery, go for a walk around the room, use Lego/Playmobile figures.
- **Officers - More question ideas:** Why do you think he did that? What did she get right/ wrong? What would you do in his situation?
- **Officers - More teaching ideas:** Act it out, have them draw scenes, shout out the best thing they see in the passage, make a puppet show using paper and card, go for a walk, use Lego.



## Heart and Hands

More on the Big Idea & Main Aim with activities.

**Table Activities - Craft or worksheet** - Spares go to the Eltham service.

- **Sailors**      *Craft.*  
*Cut, stick, fasten, colour. Chat about how it relates to the teaching point.*
- **Officers**      *Activity Sheet.*  
*This is a guided Bible study to help them learn how Bible studies work.*  
*The sheet progresses from easy questions to harder questions.*  
*Help them find answers in the Bible and think about them.*

The New City  
Catechism      for Kids



## New City Catechism

### Practice Together

What is this? [Tim Keller Introduces the New City Catechism](#)

Why do this? [Why We Should Catechize Our Children](#)

### This week - Question 30.

- **If you have time...**
- Open up the Catechism of the week.  
Practice saying it with the children. Some might have learnt it at home to say it with less help.  
Talk about difficult words and ideas.
- **Sailors**      *Use Children's Mode and the songs to learn.*  
*Choose the right question from the following playlist:*  
*[Q1 What is Our Only Hope in Life and Death?](#)*
- **Officers**      *Use Children's Mode where necessary.*  
*You could make up a rhyme or rap to learn it.*  
*Or make up a game of trying to remember it: Get in a circle, say one word each.*



## Land the lesson

**Bring everything together: Recap, prayer and game.**

**Recap** - Use the craft/ worksheet to remind them of the Big Idea & Main Aim.

**Pray** - Encourage the children to pray with you about the Big Idea and Main Aim.  
They could **thank/praise God** for it or **ask for help** in believing it.

- **Sailors**      *You could suggest "Popcorn prayers" - really short prayers.*  
*Or "Arrow prayers"- We all shoot up like an arrow at the end.*  
*Or you could try the idea we use with Officers.*

- **Officers** You could pass an object, like a Bible, around the room.  
When a child receives the Bible, they can choose to pray in their head or aloud.

**Game idea** - Check the OneDrive

**Time fillers, Games and Music** - Check the OneDrive

- I often play something from: <https://www.youtube.com/@thebiggeststory>
- A Spotify playlist of Sunday School songs can be found in the Term Overview Document.

**Sign out** - Give each family a Take Home Sheet

- Sign out with Check-In.