

Sunday School Lesson Outline



Lesson: Keep Growing!
Passage: Hebrews 5:9-6:20
Big Idea: Being bored of learning about Jesus is really bad, because he makes us grow up.
Main Aim: Stay excited to learn about Jesus, to grow up in living for him.
Key verses: Hebrews 5:12-13, 6:1, 6:19-20
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. Stopping growing as a Christian is really bad. *Hebrews 5:11-6:8*
 It leads to immaturity. *5:11-14*
 It leads to being burned. *6:1-8*

2. So, we need to keep growing. *Hebrews 6:9-20*
 With the same enthusiasm as when we became Christian. *6:9-12*
 With the same enthusiasm as Abraham. *6:13-20*
 Because we have the same hope as him!

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

We need to realise how terrible getting bored of learning about Jesus is.
 So, let's get excited about Jesus and keep learning more!

Groups

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

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

Ages
Sailors: Age 3 to Year 2
Officers: Years 3-6

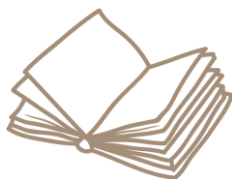
Lesson Overview

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 happens if I get bored of learning...
 - how to play football? Not too bad...
 - how to knit? Not too bad...
 - how to walk? Quite bad!
 - how to talk? Quite bad!
 - how to eat solid food? Really bad!
 - how to follow Jesus?? We might not think it's bad, but it's really bad!
 - Today we'll see that being bored of learning about Jesus is really bad!

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

God showed us his love: <https://www.youtube.com/watch?v=Przck2Jf-Pl>



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 5:12-13, 6:1, 6:19-20

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

Who can remember what we were hearing about last week?

Jesus is our priest, he helps us to keep going.

We need to ask him for help.

Sometimes we might not feel like learning more about Jesus.

We might think, "who cares if I don't learn any more about Jesus?"

I already know some stuff.

He died and rose. I know things.

Well, a long long time ago,

Some Christians thought it was ok to be bored of learning more about Jesus.

But someone wrote Hebrews to tell them to watch out!

Big Idea.

Let's see...

1. Being bored of learning about Jesus is really bad!

5:12-13

Bring a toy baby. With a milk bottle and some solid food.

Hebrews says,

Being bored of learning about Jesus is really bad!

We might wonder why it's so bad to be bored of Jesus.

Hebrews says...

Stopping learning about Jesus, means we get stuck as Christian babies.

Who here knows a baby? What are they like?

Can they talk, walk, eat tasty food?

Can they play football? Swim?

They cry a lot! They need a nappy!

They don't know what's good or bad.

They don't know how to live.

Who here would like to be a baby for their whole lives?

Maybe the Sailors would find it fun to pretend to be babies and talk in baby language?

If we were like that for our whole lives. It wouldn't be much fun.

It would be really bad!

God says, if we get bored of learning about Jesus, we stay like Christian babies.

We wouldn't know how to live properly.

We wouldn't know what's good or bad.

2. So, we need to keep learning about Jesus.

Hebrews 6:1

God says in Hebrews.

That we need to keep learning about Jesus!

That will make us grow up.

What does a baby need to grow up?

Solid food.

A baby can then walk, talk, eat.

A baby grows into an adult who can do life.

When we learn about Jesus, that's like eating solid food.

We need Jesus' words to make us grow up.

This means we'll be grown-up Christians, who know how to live well.

We'll be able to follow him every day.

We'll be able to know what's good and bad.

We want to be grown-up Christians!

3. Jesus is so good to learn about, because he's our only hope.

Hebrews 6:19-20

God says in Hebrews.

Jesus is totally worth learning about, because he's our only hope!

Some things we don't really need to know about:

What things don't we really need to know about?

Take answers:

What everyone had for breakfast? Not important.

How tall every dinosaur was? Not important.

How many trees are in the park? Not important.

But we really need to know and learn more about Jesus.

Because Jesus saves us from our sin.

Jesus gives us new life with God.

Jesus is amazing to learn about!

Just like an anchor holds onto a ship.

Jesus is someone we trust, he'll bring us safely home.

Jesus is amazing to learn about!

Conclusion

Sometimes we might not feel like learning more about Jesus.

We might think, "who cares if I don't learn any more about Jesus?"

I already know some stuff.

He died and rose. I know things.

But actually, we need to learn about Jesus every day.

Otherwise we'll be baby Christians our whole lives!

No-one wants that.

But Jesus is so amazing, he saved us! He brings us safely home.

He's amazing to learn about.

So, every day, we can make time at home, we can listen to his words in the Bible.

As we become grown-ups, we can become grown-up Christians.

Pray – Big idea.

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.

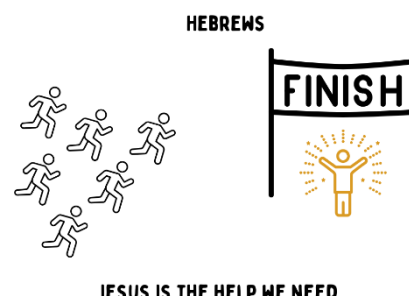
He is what we need to keep running the race to the end.

- 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?



JESUS IS THE HELP WE NEED

- 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*)."

If we get bored of hearing Jesus. *YAWN*.

We stay like Christian babies. *Crying eyes?*

If we learn more about Jesus. *Listening ears*.

We become like Christian grown-ups. *Sit up straight, hands on hips*.

- **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 32.

- **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.