



**Hope** is believing that something good can come out of something bad.



## DAY 1

**Read Hebrews 12:1**

Have you ever watched the Olympics? Did you see a runner cross the finish line first and receive a gold medal? While it might look easy on TV, that two minutes of running to win required hours of training and hard work. It takes a *lot* of hard work and persistence to win a gold medal.

Today's verse talks about running your own race of faith. Sometimes it will be hard to live out your faith. What if you're the only one making the wise choice or treating others the way you want to be treated? The good news is that we can keep going when we keep looking to Jesus for help. And we can watch others who follow Jesus and learn from their example, too.

**Hope Inspired**

Ask your grownup to help you think of someone to interview who refused to give up. Use the questions below as a guide.

Did you ever want to quit when things got hard?

Why did you keep going?

What happened because you refused to give up?

## DAY 2

**Read Hebrews 12:2-3**

What did Jesus do for us?

.....

How can that give us hope?

.....

When we get discouraged and want to give up, what should we do?

.....

Jesus endured the most awful pain and suffering that anyone has ever faced. He died on the cross for you and for me. Can you imagine the kind of grit it took to face something like that? But Jesus knew what would happen if He chose to give up. He chose to go through pain because of the joy that was to come—the chance for all who believe in Him to have a right relationship with God.

Jesus died for you so that you could live forever with God. Whatever happens, keep looking to Jesus to give us HOPE.



DAY 3

### Read Matthew 28:20

Think about some things that you couldn't do as a preschooler that you can do now, like reading a book. . . or maybe riding a bike without training wheels. . . or playing a new sport. . . or even coloring inside the lines. Maybe you don't remember it now, but learning to do those things took some hard work and perseverance. At some point, you had to tell yourself to keep trying until you could do it! Aren't you glad you did? Now you CAN do these things.

The longer we follow Jesus, the better we'll be at making choices that honor Him. The longer we listen to Jesus and do what He says, the easier it will be to find hope even when we face hard things. **Whatever happens, keep looking to Jesus!**

Use the word bank below to fill in the words of the verse.

end      commanded      obey  
always      sure      Teach

"..... them to .....  
everything I have ..... you. And  
you can be ..... that I am  
..... with you, to the very  
....." Matthew 28:20, NIV

DAY 4

### Read John 15:5

When Jesus spoke these words, He compared himself to the vine and His disciples to the branches. If you cut the branches off from the vine, nothing can grow.

We find hope, even when hard things happen, when we stay connected to Jesus. When we keep our focus on Jesus and let His power work in us, we can do great things! Just like the branches of a grapevine depend on the vine to grow, our strength and power and HOPE come from Jesus. Whatever happens, let's keep looking to Him as our source of help and hope.

#### Dependence List

List ten ways you depend on Jesus. Is there something you're trying to do on your own? Read over your list and thank God for sending Jesus to show you how to live out your faith with hope. Same rules apply, only move ONE item at a time. Ready? Go!

**Whatever happens,  
keep looking to Jesus.**