

GOOD NEWS NOTES

Good News Notes are provided specifically with 4th-8th graders in mind as a way to help them follow along with the sermon. Anyone who finds them helpful is welcome to use them.

August 17, 2025

If you could make your suffering stop but you didn't, what kind of people would you be?

Hebrews 12:1-13

It's easy to think that any time there is any suffering in our life, there's only one correct course of action. What is it?

For those training to be Navy SEALs, what could they do to make their suffering go away if they wanted to?

1. Runners entered in a greater race

What specific type of suffering are we talking about based on these verses?

What are some examples?

The writer tells us to run with _____.

The writer tells us to run with our _____ fixed on _____.

2. Children disciplined by a greater Father

When there we experience suffering for following Jesus, what is it a sign of?

How is God an even greater Father than any found on earth?

3. Athletes training for a greater purpose

All the subjects and verbs in these verses are _____.

What blessing comes from enduring suffering together?

For me to remember:

The name “Christian” means we are people who can make our suffering stop but don’t. And it’s a name we can be honored to wear.