

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

Read: Hebrews 12:1-3

DAY

1

Throw It Off

This week's verses told us how we need to "throw off" or get rid of our sins. James writes in James 4:17 that sin is when we know what the right thing is but don't do it. Maybe for you it looks like yelling at your siblings or disobeying. Say some things out loud that you would like to get rid of and pretend to "throw" them off your shoulders.

ASK God to help you "throw off" the sins that hold you back.

DAY

2

Look to Jesus

Make some binoculars or glasses out of paper. On the binoculars or glasses write, "Keep looking to Jesus." Wear these glasses to remind yourself that you need to look to Jesus with everything.

LOOK to Jesus.



DAY

3

Part of the Journey

Read Hebrews 12:2. Think of times that you need to look to Jesus in your everyday life. How can He help you today, tomorrow, and always?

KNOW that Jesus will help you in your journey.



DAY

4

Look to You

When life is hard, look to Jesus. He went through the hardest thing — dying on the cross. He did that for you! Pray and thank Jesus for what He has done.

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 "Dear Jesus, thank You for showing us how to do hard things. Please help me to always look to You for help. Show me how to "throw off" my sins and show others Your love. Amen."  
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THANK Jesus for dying on the cross and for being an example of love to us.

Whatever happens,
keep looking to Jesus.



