

Session 12

Jesus Is **BETTER**

CENTRAL TRUTH | We are called to look to King Jesus as we endure difficult times.

We all appreciate stories about people who have really been through it. We're captivated by athletes who overcame seemingly impossible odds to go pro; musicians who were passed over again and again, only to land a life-changing record deal; or tech geniuses who created something earth-shattering after years of trial and error. Endurance is a key ingredient to all of this, and as we will read this week, the author of Hebrews emphasizes the endurance of believers. As we work through key passages in this book, we will learn that Jesus is better than anything and anyone. He is the Source of our faith, and He showed us what total obedience to God looks like. With the Holy Spirit's help, we are called to look to Jesus as we endure difficult times.

REFLECT

What questions do I have about God?

What questions do I have about myself?

What questions do I have about the world and those around me?

HEBREWS 1:1-4

¹ Long ago God spoke to the ancestors by the prophets at different times and in different ways. ² In these last days, he has spoken to us by his Son. God has appointed him heir of all things and made the universe through him. ³ The Son is the radiance of God's glory and

the exact expression of his nature, sustaining all things by his powerful word. After making purification for sins, he sat down at the right hand of the Majesty on high. ⁴ So he became superior to the angels, just as the name he inherited is more excellent than theirs.

HEBREWS 12:1-2

¹ Therefore, since we also have such a large cloud of witnesses surrounding us, let us lay aside every hindrance and the sin that so easily ensnares us. Let us run with endurance the race that lies before us, ² keeping our

eyes on Jesus, the pioneer and perfecter of our faith. For the joy that lay before him, he endured the cross, despising the shame, and sat down at the right hand of the throne of God.

HEBREWS 12:3-11

³ For consider him who endured such hostility from sinners against himself, so that you won't grow weary and give up. ⁴ In struggling against sin, you have not yet resisted to the point of shedding your blood. ⁵ And you have forgotten the exhortation that addresses you as sons: My son, do not take the Lord's discipline lightly or lose heart when you are reproved by him, ⁶ for the Lord disciplines the one he loves and punishes every son he receives. ⁷ Endure suffering as discipline: God is dealing with you as sons. For what son is there that a father does not discipline?

⁸ But if you are without discipline — which all receive — then you are illegitimate children and not sons. ⁹ Furthermore, we had human fathers discipline us, and we respected them. Shouldn't we submit even more to the Father of spirits and live? ¹⁰ For they disciplined us for a short time based on what seemed good to them, but he does it for our benefit, so that we can share his holiness. ¹¹ No discipline seems enjoyable at the time, but painful. Later on, however, it yields the peaceful fruit of righteousness to those who have been trained by it.

Day01

PSALM 110:1-7



Refer to page 5 for a description of the 7 Arrows of Bible Reading.

📍 READ & RESPOND

Jesus shares God's throne as a powerful Ruler who will defeat all His enemies and judge the nations. Nothing is too big for Him to handle! When Jesus calls, His followers eagerly join His powerful, spiritual army, not fighting with weapons, but with truth and love. Jesus is also our eternal High Priest, connecting us directly to God. The Jesus we follow is not just a historical figure, but a reigning King and an eternal Priest who is actively working out His victory—and we get to be part of His story.

↑ What does the Lord's declaration, "Sit at my right hand," tell you about Jesus's power and authority right now?

↻ What does it mean that Jesus is our eternal Priest, and why is that good news for us?

→ How does knowing Jesus has the ultimate power change how you view the challenges or injustices you see in the world?

📍 MEMORIZE

Copy **Hebrews 12:1-2** onto three to five note cards and tape them in places you see every day, like the bathroom mirror, your closet, or the back of your phone. Every time you see one of these cards, read it to yourself.

📍 PRAY

Lord Jesus, thank You for being my powerful King and eternal Priest. Help me to follow You faithfully, trusting in Your authority and ultimate victory over all things.

Day02

HEBREWS 1:1-4

📍 READ & RESPOND

If you ever wanted a quick summary of God's story with humanity up to this point, this passage is it! God used to speak to humans through prophets, visions, laws, and events. But now, He speaks to us through Jesus, the ultimate Messenger. God made everything through Jesus. Jesus isn't just a reflection of God—He *is* God. He holds everything together. He fixed the sin problem so that humanity could be reunited with God, and He sits at the right hand of God with complete authority and victory. Jesus isn't just one option among many for understanding God or finding truth. He is the full, complete, living truth. Everything you need to know about God is found in Him. He is the final word from God.

↑ Why is Jesus considered the *complete* message from God, rather than just one prophet among many?

↑ How do you feel knowing that the same Jesus who walked the earth is actively holding everything together, even your life?

→ Jesus is the final word from God. What implications does that have for how you seek truth, meaning, and guidance in your life?

📍 MEMORIZE

Create a graphic of **Hebrews 12:1-2** using a photo editor app. Set this graphic as your background or lock screen this week.

📍 PRAY

Lord, thank You for speaking to me perfectly through Your Son, Jesus. Guide me to find all truth and purpose in Him alone.

Day**03**

HEBREWS 12:1-2

📍 READ & RESPOND

Imagine a huge stadium filled with all the heroes of faith who have gone before you, cheering you on. Their lives show us that it's possible to live by faith, even when it's tough. And as you run, get rid of anything that will slow you down, especially spiritually. Faithfulness means sticking with it, even when you're tired, discouraged, or facing setbacks. Jesus ran the race perfectly Himself and finished gloriously. So when you get distracted or tired, look to Him. He's both the finish line and the power to get there.

↓ Who are some “witnesses” in your own life who inspire you to run your faith race with endurance?

↻ What does it mean to “run with endurance” in your faith, especially during challenging times?

→ Why is it so crucial to keep your eyes on Jesus as you run this race? How can you do that this week?

📍 MEMORIZE

Create a “mind map.” Write **Hebrews 12:1-2** in the center of a piece of paper, and around it, write at least five write key words, concepts, or images related to the verse.

📍 PRAY

Jesus, help me shed every weight and sin, so I can run my unique race with endurance, always keeping my eyes fixed on You.

Day **04**

HEBREWS 12:3-11

📍 READ & RESPOND

Sometimes the tough moments we face might actually be part of God's amazing training plan for us. Discipline is not punishment but guidance, correction, and teaching. Just like a good earthly parent, God corrects His children because He cares about us. If you're going through a tough time, it might actually be a sign of His love, not His anger. God's discipline is "for our benefit, so that we can share his holiness." He's shaping us to be more like Him! Discipline is not fun while it's happening. But if we endure it and learn from it, those hard times make us stronger, more peaceful, and more righteous.

→ How can remembering Jesus's suffering help you when you're feeling challenged or discouraged by tough situations?

↻ What's the difference between God's discipline and His just punishment? How does understanding this difference change how you view difficult times?

↺ How can you actively respond to difficult times in a way that helps you learn and grow from God's "training," instead of just getting frustrated or giving up?

📍 MEMORIZE

Use a notes app on your phone and create a quick reference note for **Hebrews 12:1-2**. Set yourself a reminder to look at it a couple of times each day.

📍 PRAY

Heavenly Father, thank You for loving me enough to train and correct me. Help me endure difficulties with Your strength as You shape me for my good.

Day 05

2 TIMOTHY 4:6-8

📍 READ & RESPOND

The apostle Paul, the author of this letter, ran his race to the very end without ever giving up. Through everything, Paul held firmly to his faith in Jesus and the truth of the gospel. Because of this, Paul was confident in what awaited him at the end of his life: “the crown of righteousness.” Paul endured beatings and suffering for the gospel and was imprisoned for several years—and he was confident that it was all worth it in the end. Paul’s message emphasizes living well now. These years you’re living right now matter. Are you fighting, enduring, and keeping faith? Paul shows us in this passage that finishing strong begins with living strong every day.

↓ Which of the images in today’s passage resonates most with you about your own life or faith journey right now? Why?

→ What do you think “fighting the good fight” or “keeping the faith” means today for you or other students? Give some examples.

↔ This week, who can you thank for encouraging and challenging you to diligently follow Jesus?

📍 MEMORIZE

Write **Hebrews 12:1-2** five times on a piece of paper. Use a different color pen or marker for all of the nouns (the people, places, and things).

📍 PRAY

Jesus, thank You for the example of Paul’s faithful life. Help me to run the race You’ve set before me with endurance, fighting the good fight and keeping my faith strong until the end.