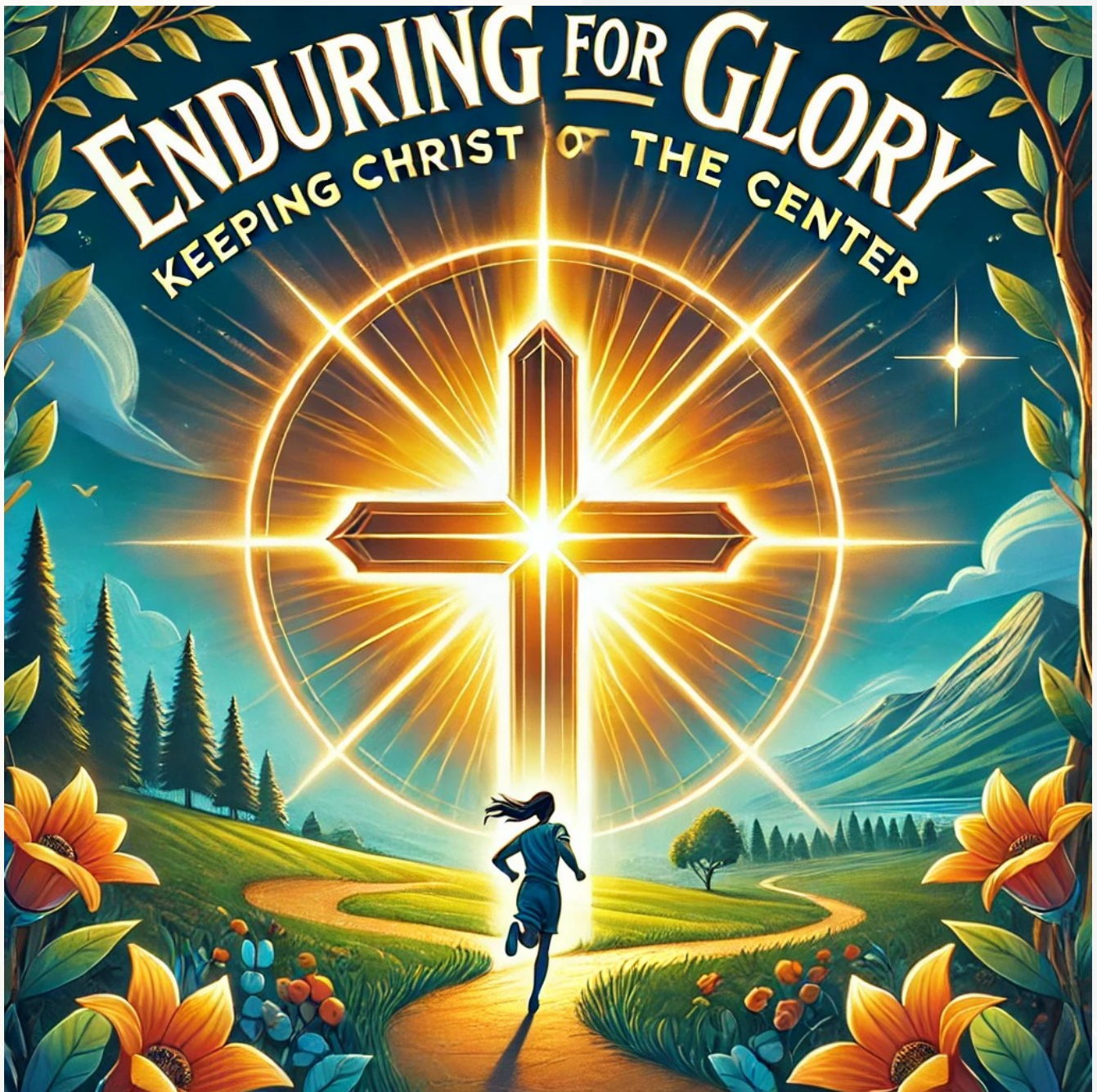




Activity and Summary Sheet: Enduring for Glory—Keeping Christ at the Center

By Alice Presswood

Run the Race with Perseverance | Keep Your Eyes on Jesus | Embrace Eternal Hope

This activity and summary sheet is designed to inspire believers to endure life's challenges by keeping Christ at the center of their faith. Through meaningful discussions, engaging activities, and reflective exercises, participants will explore how focusing on Jesus strengthens their perseverance, builds resilience, and fills their lives with eternal hope. Let this guide encourage you to live with purpose, relying on God's grace and promises to navigate every trial.

Introduction

Blog Summary

The blog post delves into the profound theme of enduring life's challenges by keeping Christ at the center of our thoughts, actions, and faith. Drawing from passages such as 2 Corinthians 4:16-18 and Hebrews 12:1-3, it emphasizes the transformative power of fixing our eyes on Jesus to persevere through trials. The post challenges readers to cultivate resilience through prayer, Scripture, and fellowship, reminding them of the eternal glory promised to those who remain faithful. By relying on God's strength and focusing on His grace, believers can navigate life's difficulties with hope and purpose.

Key Verse

Hebrews 12:1-2 (NIV): *"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith."*

Reflection Questions

1. How does focusing on Christ help you endure challenges in your life?
2. What does it mean to keep Christ at the center of your thoughts and actions?
3. How can prayer and Scripture strengthen your perseverance?
4. What steps can you take to let go of distractions or sins that hinder your spiritual growth?
5. How does the promise of eternal glory give you hope and motivation?
6. How can you encourage others to keep Christ at the center during difficult times?
7. What practical actions can you take to deepen your trust in God's plan and grace?

Section 1: Interactive Activities

1. Fixing Our Eyes on Jesus Exercise

Objective: Visualize and practice keeping Christ at the center of decisions and actions.

Materials Needed:

- A large poster or board with “Christ at the Center” written in bold letters.
- Index cards or sticky notes.
- Markers and pens.
- Decorative stickers or ribbons for personalizing the board.

Instructions:

1. **Discussion Starter:** Begin with a group discussion on distractions or challenges that make it difficult to keep Christ at the center.
2. **Writing Exercise:** Participants write down personal challenges or distractions they face on index cards.
3. **Reflection:** Discuss how focusing on Christ can help overcome these challenges and lead to spiritual growth.
4. **Action Plan:** Attach the cards to the board surrounding “Christ at the Center,” symbolizing the surrender of these struggles to Him.
5. **Ongoing Commitment:** Encourage participants to revisit the board periodically, adding new challenges and celebrating victories in keeping Christ central.

2. The Race of Faith Relay

Objective: Illustrate perseverance and teamwork in pursuing spiritual goals.

Materials Needed:

- A clear area for a relay activity.
- Small objects or Scripture cards as “batons.”
- Printable race bibs with encouraging Bible verses.
- Reward stickers or certificates for participation.

Instructions:

1. **Set Up the Race:** Divide participants into teams. Create a relay course where each leg represents a spiritual discipline (e.g., prayer, Scripture reading, fellowship).
2. **Carry the Baton:** Participants pass the baton, symbolizing their reliance on Christ and the support of their community to persevere.
3. **Reflection:** After the race, discuss the importance of teamwork, perseverance, and faith in navigating life’s challenges.
4. **Encouragement:** Share how God equips each of us to endure through His Word, prayer, and grace.
5. **Spiritual Application:** Challenge participants to identify “batons” in their lives—spiritual practices or resources that help them endure.

3. Eternal Perspective Journal

Objective: Reflect on how focusing on eternal glory provides hope and encouragement.

Materials Needed:

- Journals or notebooks.
- Pens or markers.
- Printable prompts.
- Decorative items like washi tape or stickers for journaling.

Instructions:

1. **Reflection Prompt:** Ask participants to write about a recent challenge and how keeping an eternal perspective could have changed their response.
2. **Scripture Focus:** Encourage participants to include Bible verses that provide hope and strength, such as 2 Corinthians 4:17 or Romans 8:18.
3. **Action Plan:** Write a prayer or commitment to focus on Christ during future challenges.
4. **Group Sharing:** Invite participants to share excerpts (if comfortable) and discuss how this practice can build resilience.
5. **Weekly Reflection:** Encourage participants to journal weekly, tracking their progress in focusing on eternal glory.

Section 2: Family Discussion and Prayer

Family Discussion Guide

1. **Opening Question:** What challenges does our family face, and how can we keep Christ at the center during these times?
2. **Reflection:** Share personal experiences of endurance and how focusing on Jesus brought strength and clarity.
3. **Action Plan:** Create a family “Endurance Toolbox” with practical steps like daily prayer, Bible reading, and gratitude journaling.
4. **Encouragement Activity:** Choose a family Scripture verse to memorize and recite when facing difficulties. Discuss how it applies to the challenges faced that week.

Family Prayer

Dear Lord, thank You for being our source of strength and hope. Teach us to fix our eyes on Jesus and to rely on Your grace in every challenge. Help us to support one another and to find joy in Your promises of eternal glory. Amen.

Section 3: Additional Resources

Bible Study Tools

- **Bible Gateway:** Offers translations and commentary for deeper understanding.
- **Blue Letter Bible:** Provides resources for word studies and cross-references.
- **Got Questions?:** Answers theological and practical questions about Scripture.

Printable Activities

- **Challenge Cards:** Cards with common distractions or struggles for the “Fixing Our Eyes on Jesus” exercise.
- **Relay Race Bibs:** Printable bibs with encouraging Bible verses for the relay activity.
- **Journal Prompts:** Thought-provoking questions and Scripture references for the journaling activity.

Recommended Books

- *Run with the Horses* by Eugene Peterson.
- *Don't Give Up* by Kyle Idleman.
- *Resilient Faith* by Ajith Fernando.
- *Endurance: Shackleton's Incredible Voyage* by Alfred Lansing (a secular story of perseverance, used for metaphorical inspiration).

Videos

- **“Endurance in Faith”:** A teaching video on perseverance through Christ.
- **“The Race of Faith”:** Inspirational stories of overcoming challenges through faith.
- **“Fixing Our Eyes on Jesus”:** Lessons on staying focused amidst distractions.

Section 4: Reflective Wrap-Up

Family Pledge

We commit to enduring life's challenges by keeping Christ at the center of our hearts and minds. We will seek His strength and guidance daily, supporting one another in faith and hope. Together, we will run the race marked out for us with perseverance and joy.

Visible Reminder

Create a “Path to Glory Wall” featuring Scriptures, affirmations, and personal reflections on keeping Christ at the center. Add family photos, symbols of endurance, and visual reminders of victories in faith. Display it prominently as a daily encouragement to stay focused on Jesus and His promises. Enhance it with a timeline of personal and family spiritual milestones to celebrate growth and perseverance.

GLORY
