



Letter to the Hebrews



SHARE

your highs and lows

Break into pairs.
Listen carefully and
record your partner's
thoughts in the space
provided. Then return
to small group and
share your friend's
highs and lows.

MY HIGH THIS WEEK

MY LOW THIS WEEK

MY FRIEND'S HIGH THIS WEEK

MY FRIEND'S LOW THIS WEEK



READ

**and highlight
the theme verse
in your Bible**

"We do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need."

Hebrews 4:15-16



TALK

**about how the
Bible reading
might relate to
your highs
and lows**

Choose from the options below to enrich your Talk Time. Invite group members to take turns leading one or more of the following:

IMAGES

1. Choose either the cover photo, cartoon or painting by Dr. He Qi (back page).
2. Where are you in this work of art?
3. How might the art and the theme verse relate to each other?
4. How might the art relate to your highs and lows?

ROLE PLAY

Assign roles and take turns acting out the following:

1. A friend is living a pretty stressed lifestyle. She is an overachiever in every area of school, work, and sports. It is starting to affect her emotional and physical health. She says she is striving for “excellence in all things,” but she is starting to step on people, get on their nerves, and act in less-than-loving ways to everyone around her. Talk to her about it.
2. A friend tells you that he is seeing a spiritual medium to try to contact his mother who recently died. Talk to him.

QUESTIONS TO PONDER

1. Who was the best coach or teacher you ever had? What made that coach or teacher so good?
2. How is Jesus like a good coach or teacher? How is he different?
3. Why is it important to keep your eyes on the goal when running a difficult race? How does that relate to the Christian life?

QUOTATIONS

Choose a quotation (right column) and share your thoughts and questions about it.

If you are going through hell, keep going.

Winston Churchill

Act with a determination not to be turned aside by thoughts of the past and fears of the future.

Robert E. Lee

Perseverance is going to 50 auditions in a row, being told you have absolutely no talent and still showing up for the 51st.

Actor Thomas Ian Nicholas (at 17)

God is with those who patiently persevere.

Arabian Proverb



Write a definition...

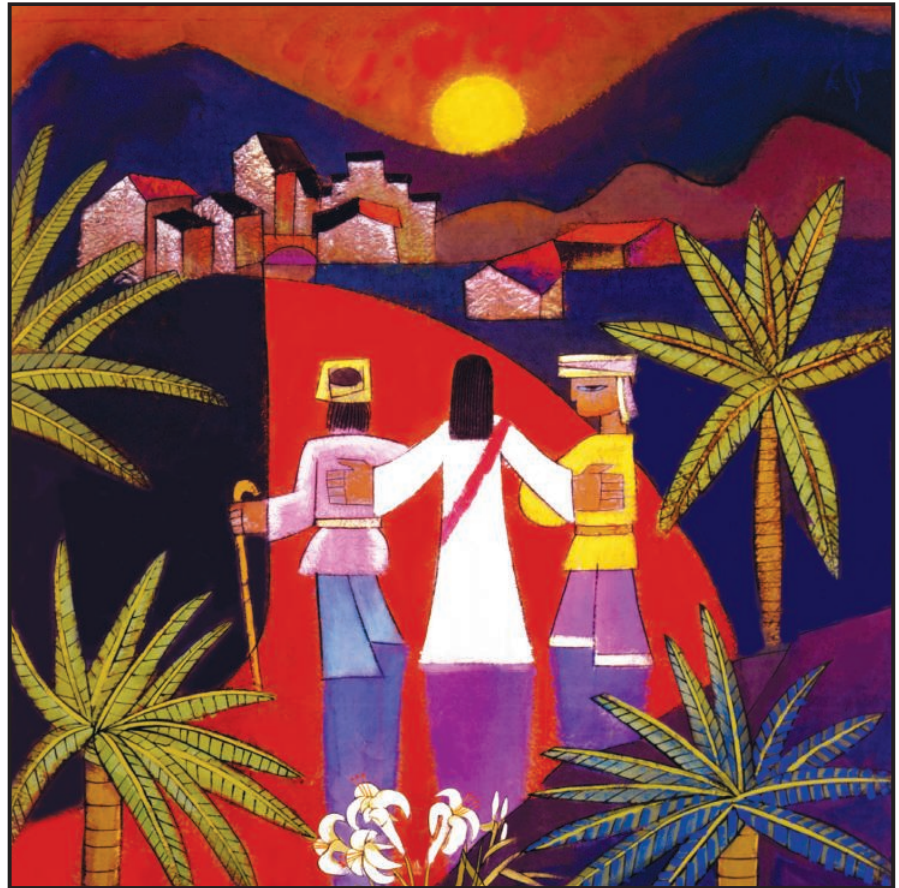
GRACE

BOLDNESS

HEBREWS

HIGH PRIEST

MERCY



Road to Emmaus by Dr. He Qi (www.heqigallery.com)



PRAY

for one another's
highs and lows

Gather in a circle. Praise and thank God for your highs. Ask the Holy Spirit to be with you in your lows. Pray for your friend's highs and lows and for your world. Close in Jesus' name.

Prayers for Highs

Prayers for Lows



BLESS

one another

Trace the sign of the cross on one another's foreheads or palms.

**REMEMBER
1 THING**

Keep your eyes fixed on Jesus and run the race of faith. You'll make it to the end just fine.



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