

Sticking with Jesus

By RLD Editorial Team

for use as
STEP 1

**Lesson 13****Focus:**

Christ rewards everyone who loves Him to the end.

Lesson 13**Bible Basis:**

Philippians 1:19-27;
2 Timothy 4:6-8;
Romans 12:1-2

Lesson 13**Memory Verse:**

I press on toward the goal to win the prize for which God has called me heavenward in Christ. —
Philippians 3:14

Students will do an activity about perseverance as they discuss the importance of sticking with Jesus and loving Him through each day of their lives.

Materials:

- Internet access
- Whiteboard and marker (or screen-shared document)

Start today's lesson by telling your students that you have a challenge for them. (Make this challenge optional).

Play the following short video demonstrating correct form for your students:

How to do a wall sit

<https://www.youtube.com/shorts/mDdLC-yKudY>

Tell students that when you say “go,” they should do a “wall sit” position and hold it as for as long as they can. (If your class is meeting online, make sure that participating students’ cameras are angled in such a way that they class can see their “wall sit.”) The student to hold the position the longest wins the challenge!

➤ **Describe what you experienced when you continued to hold the wall sit position.** (Students may respond with words like, “My legs started to shake!”; “My muscles started hurting!” Write their responses on the whiteboard or screen-shared document as they are shared.)

Sometimes it’s hard to know whether or not we can do something until we actually try. And sometimes when we try, we don’t always find success right away. Sometimes we have to push ourselves through experiences that are difficult or challenging, but when we do, we often find some kind of reward at the end.

➤ **When we keep pushing ourselves, and when we stick with a task, we show perseverance. How did you show perseverance through the challenge we just finished?** (Continued holding the position even when it was challenging.)

There are countless stories of people who showed perseverance through a challenging or difficult task. Throughout history, we can find examples of people who stuck with whatever they were working to accomplish.

➤ **What is something in your life that requires you to show perseverance?** (Students may respond with examples of sports or musical instruments that they had to learn to play, working through difficult concepts or tests at school, striving to earn high grades on their report card.)

➤ **When you show perseverance and stick with a task, what kind of reward do you get?** (Answers will vary; ideas may include a medal or trophy for a sports or musical instrument, a high grade, the satisfaction of knowing you completed the task.)

The Apostle Paul encouraged others to persevere as they ran the race of life. Let's see what he had to say.

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

Sticking with Jesus

for use as
STEP 4 

Lesson 13**Focus:**

Christ rewards everyone who loves Him to the end.

Lesson 13**Bible Basis:**

Philippians 1:19-27;
2 Timothy 4:6-8;
Romans 12:1-2

Lesson 13**Memory Verse:**

I press on toward the goal to win the prize for which God has called me heavenward in Christ. —
Philippians 3:14

Materials:

- Whiteboard and marker (or screenshared marker)
- Colorful sticky notes (several per student; at least 3" x 3")
- Colorful markers (at least one per student)

If your class is meeting online, invite students to bring supplies with them to class.

Paul lived his life in such a way that we can be sure that Christ rewarded him for running the race and loving Jesus to the end. We should follow Paul's example of perseverance as we strive to live our lives in a way that glorifies God and points others to the importance of always sticking with Jesus.

It's the same way for us in our relationship with Jesus; we persevere and keep running the race of life because we love Jesus. Nobody forces us to run, and no one forces us to stick with Jesus.

Running the race of life and sticking with Jesus has awesome rewards, but it isn't always easy. We might get injured in some way, we might trip, we might head down the wrong path, and we might just want to give up. But if we are committed to a life of loving Jesus and following Him, we can be sure that He will stick with us and give us the strength to keep on running.

On the whiteboard (or screenshared document, write "We're sticking with Jesus!") Distribute supplies (or invite students to have them ready at home).

There are a lot of ways that we can stick with Jesus as we run the race of life; we make the choice every day to commit our lives to following Him. On the sticky notes, write down ways that you stick with Jesus in your daily life. Think of some ways that you show perseverance or ways that Jesus helps you to keep running the race and write them on the sticky notes.

If students need some examples to start their thinking, share the following:

~I stick with Jesus by reading my Bible every day.

~I stick with Jesus by showing kindness to my younger siblings.

~When I stick with Jesus, He helps me keep going even when I want to give up.

~When I stick with Jesus, He gives me strength to work hard at school.

Give students time to work; allow them to write on as many sticky notes as they desire. When students have finished, have them stick the sticky notes to the whiteboard. (If your class is meeting online, you can invite students to hold up and show the messages on their sticky notes.) If time allows, discuss some of the ideas on the sticky notes.

As you leave class today, grab the sticky notes you wrote and take them with you. Stick them in obvious places where you will see them regularly—such as a bathroom mirror or a locker. This new week may bring opportunities for you to have to choose: will you stick with Jesus, or will you just give up and stop running? Sticking with Jesus may not always be easy, but He gives us the perseverance to run the race before us. With perseverance, we can follow Paul’s example and run the race before us in order to win the prize, knowing that a prize will be waiting for us at the finish line—eternal life with Jesus! Encourage your students to be ready to share about ways they stuck with Jesus during the week when you meet again.

Close in prayer, asking God to help students stick with Jesus and love Him each day of their lives.

(We are not affiliated with and do not endorse any website or any other media listed on these pages. At the time of writing, we carefully review the referenced material and non-referenced web page content. However, due to the nature of the Internet, non-cited content on the website [including pop-ups, links, and ads] changes frequently and is beyond our control. Please review carefully before showing links in the classroom.)