

# City LG - May 18-19, 2019

**Bible Story:** Stop Draggin' My Heart Around (Cloud of Witnesses) • *Hebrews 12:1*

**Bottom Line:** God can help you let go of what is holding you back.

**Memory Verse:** *But those who trust in the LORD will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak.*  
Isaiah 40:31 (NirV)

**CG: 2-Minute Countdown**

**WORSHIP: “We Are Royals” and “Every Beat”**

*(Worship Leader prays)*

**WELCOME:**

“Hello, everyone! My name is [your name], and I want to share an awesome verse with you from the book of Hebrews. (*Hold up Bible.*) I love this verse because it tells us how we can persevere and live God’s way every day!

“Now, the book of Hebrews is actually a letter that was written to Jewish Christians who lived in Jerusalem. The really cool part is that it’s full of great stuff for us, too! Here’s what it says in Hebrews, chapter 12, verse 1.

*Open the Bible to Hebrews 12:1 (NirV) and read.*

*A huge cloud of witnesses . . .*

**SFX: Cheering crowd** (*start this sound effect right when the Large Group Leader starts reading, so that it “interrupts” him/her*)

*. . . is all around us.*

*(Looking confused.)* “Well, that was strange. Let’s try that again.

*A huge cloud of witnesses . . .*

**SFX: Cheering crowd**

*. . . is all around us. (Pause.) So let us throw off everything that stands in our way. Let us throw off any sin that holds on to us so tightly. And let us keep on running the race marked out for us.*

*(Shrugging)* “I have a feeling we’ll find out what that cheering was about in a minute. But did you catch what the verse was saying? It was saying that living your life is a lot like running a race. Let’s take a closer look in this week’s Bible Story video.”

**CG: Lesson Video (Runtime: 6:23)**

*(Hold up Bible.)* “Those heroes in the Bible? They kept going even when things got tough. And you know what? So can you. God has placed other people in your life, too—people who can help you, like your parents or your grandparents or your friends at church. They’re all part of your cheering section, too. The next time you’re going through something hard and you’re tempted to make the wrong choice, I want you to imagine that Joseph and Moses and Noah are cheering for you. I want you to remember that I’M cheering for you, and your family’s cheering for you, and your Small Group Leader is cheering for you, too. And I want you to remember that GOD is cheering for you. We’re all cheering for you, because we want you to let go of anything that holds you back.”

**CG: Bottom Line Slide**

**[Bottom Line] “God can help you let go of what is holding you back.**

“You just have to ask Him. In fact, let’s do that now.”

**Pray:** “Dear God, we know that sometimes we get distracted by the things that are happening in our lives. We get mad or frustrated, and we make the wrong choice. But we really don’t want to do that anymore. Will you please help us to let go of all those things that are holding us back, so we can focus on running the race You’ve set before us? Help us to live Your way and to trust You every day. We love You, and we pray these things in Jesus’ name, amen.”

“I don’t know about you, but I definitely want to throw off the things that hold ME back. I want to run the kind of race that GOD wants me to run. I think that’s the best kind of race training I could EVER do!

**CG: Bottom Line Slide**

“Remember, **[Bottom Line] God can help you let go of what is holding you back.**

“All you need to do is ask! And remember, when you read your Bible, you’ll learn about all those heroes in your cheering section—your ‘cloud of witnesses.’

“Our memory verse is Isaiah 40:31. It’s a great reminder of how God can give you the strength you need to keep going. Let’s say it together.

**CG: Memory Verse Slide**

*“But those who trust in the Lord will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak (NirV).*

“It’s so good to know that we can always depend on God. He’ll give us what we need to make it through whatever we might face in life.

“You’ll get to talk about that some more in Small Group. Before we head that way, let’s worship God with our offering!”

## **Offering Time:**

“Offering time is a chance for us to bring our money to God, so he can use it to make somebody else’s life better. For us, here in the City, we give our offering to an organization called ‘Missions of Hope’ to help kids in Kenya have food, clothes, and learn about God’s love for them.”

Here at (your Campus name), we bring our offering to help support:

***Homer Glen: Victor***

***New Lenox: Daniel***

***Orland Park: Michael and Valerie***

***CG: Picture of Child***

“(Your Campus Child) lives in Nairobi, Kenya. Here’s a picture of some homes in Nairobi!”

***CG: Kenyan Homes JPEG***

If you brought your offering today, you can bring it up now and place it here in our offering container while our Offering Video plays! (*show offering container*).”

***CG: Offering Video “Live Loud” (Runtime: 2:00)***

*Dismiss to Small Groups*