

CHRIST-LIKE CHARACTER LESSONS

JOY:

“JOY AND STRENGTH”

Read Mark 15:16-32, Hebrews 12:1-2 and 1 Peter 1:3-9.

Questions for discussion

1. Does life ever seem hard?
2. Is there anything in your life that is painful?
3. Why did Jesus choose to die on the cross?
4. What did Jesus think about to help Him endure the pain?
5. Who can help you be strong and joyful, even when life gets hard?

Key concepts

When Jesus died on the cross it was a very difficult thing to do. It was very painful to have people beat Him, spit on Him and leave Him to die, hanging on a cross. The Bible tells us to “fix our eyes on Jesus” or to look at Jesus as an example when life gets hard.

All athletes experience pain at the end of a race. If a runner focuses on the finish line, it makes it easier to endure the pain of the extreme physical exertion they are experiencing. The “joy” that helped Jesus die on the cross was knowing that His death would allow everyone to experience forgiveness for their sins so that we all can have a close friendship with God.

At times, there may be other children who make fun of you for choosing to follow Jesus and do what is right. These are the times that you can remember that Jesus had people hurt Him too. He helps us feel joyful when things are hard by giving us His Holy Spirit.