

## Chapter 10 (32 - 39)

Remember all the suffering you experienced after you became Christians - the insults and violence, the loss of your possessions. Don't give up now.

Keep going in your Christian life.

You and I are not the sort of people who give up. We are the sort of people who stay faithful until our souls are saved.

Jesus, help me keep going, despite difficulties

## Chapter 11.1 - 12.15

Only faith can keep us going. Only faith helped Abraham and other famous people in the Scriptures to keep going. So many of them were weak people who were given strength by God, to be brave when life became difficult

With so many witnesses in a great cloud all around us, we too should keep running in the race we have started. We should get rid of anything that slows us down

Keep focusing on Jesus. He is running beside us. His example going to the cross gives us courage. Try to live at peace with everyone. Don't let any seed of bitterness begin to grow and make trouble. This can poison a whole community.

Jesus, may I remember your presence in my heart