

WEEK 5 | MAY 2026

# KEEP GOING BECAUSE OF WHAT JESUS DID FOR YOU.

***Bible Reference:***

*Keep Looking to Jesus*

*Hebrews 12:1-3*

**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





Week 5

## Prayer and Reflection

### Part 1:

There are many bad habits that pull us down and push us away from God. Circle the habits that weigh you down.





Week 5

### Prayer and Reflection

#### Part 2:

Today's bottom line is: Keep looking to Jesus.

Discuss with your Small Group some ways you can look to Jesus when life gets hard. Jot down some ideas in the blank below.

## What are some ways you can look to Jesus?

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### Summary

Bad habits can destroy us, but Jesus can set us free! We need to get rid of these bad habits so we can follow after God wholeheartedly.

### Prayer

Dear God, thank You for dying on the cross for me so I can be free. I do not want bad habits and wrong decisions to slow me down. Give me the wisdom and strength to make good choices. Today, I choose to follow You with all my heart. In Jesus' name I pray, Amen.