Faith and Love C.O.G.I.C Sunday School

Lesson 9 November 1, 2026

Pioneer and Protecter of our Faith

Sunday School Core Values

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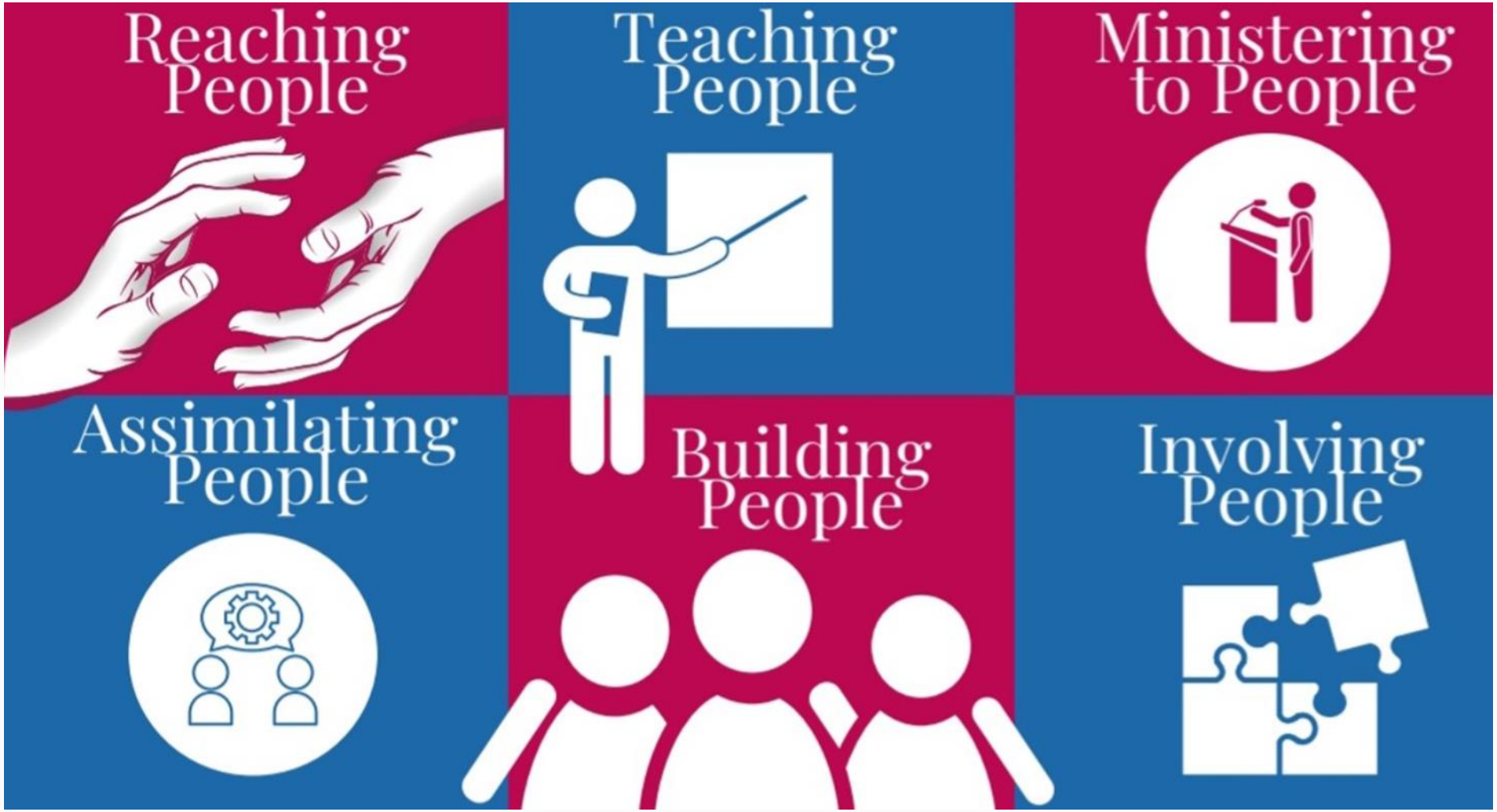

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SUNDAY SCHOOL RESPONSIVE READING

Superintendent/Teacher: Behold how good and how pleasant it is for brethren to dwell together in unity. **Psalm 133:1**

School/Class: But do not forget to do good and to share, for with such sacrifices God is well pleased. **Hebrews 13:16**

Superintendent/Teacher: All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness. **2 Timothy 3:16**

School/Class: Your word is a lamp to my feet and a light to my path. **Psalm 119:105**

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SUNDAY SCHOOL RESPONSIVE READING

Superintendent/Teacher: Let each of you look out not only for his own interests, but also for the interests of others. **Philippians 2:4**

School/Class: He who has a generous eye will be blessed, for he gives of his bread to the poor. **Proverbs 22:9**

Superintendent/Teacher: Therefore he says: "When He ascended on high, He led captivity captive and gave gifts to men." **Ephesians 4:8**

School/Class: As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God. **1 Peter 4:10**

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SUNDAY SCHOOL RESPONSIVE READING

Superintendent/Teacher: For as the body is one and has many members, but all the members of that one body, being many, are one body, so also is Christ. **1 Corinthians 12:12**

School/Class: For as we have many members in one body, but all the members do not have the same function. **Romans 12:4**

Superintendent/Teacher: By this all will know that you are My disciples, if you have love for one another. **John 13:35**

School/Class: For you, brethren, have been called to liberty; only do not use liberty as an opportunity for the flesh, but through love serve one another. **Gal. 5:13**

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SUNDAY SCHOOL RESPONSIVE READING

ALL:

But grow in the grace, and in the knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and for ever. Amen.

2 Peter 3:18

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- **Bible Basis**: Hebrews 12:1-13
- **Bible Truth**: God disciplines and punishes those He loves.
- **Memory Verse**: “Let us run with patience the race that is set before us, looking unto Jesus the author and finisher of our faith” (Hebrews 12:1-2)

Lesson Aim

VALUATE	APPRECIATE	SHARE
The importance of discipline in the family, in the congregation, and in other human settings.	The help provided by others who have experienced discipline.	personal struggles that resulted in a victorious and growing faith.

Background Scriptures: Hebrews 12:1-13; Isaiah 53:1-6

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Hebrews 12:1-13 KJV

1 Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,

2 Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

3 For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds.

4 Ye have not yet resisted unto blood, striving against sin.

5 And ye have forgotten the exhortation which speaketh unto you as unto children, My son, despise not thou the chastening of the Lord, nor faint when thou art rebuked of him:

Lesson 9 November 1, 2026
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Hebrews 12:1-13 KJV

6 For whom the Lord loveth he chasteneth, and scourgeth every son whom he receiveth.

7 If ye endure chastening, God dealeth with you as with sons; for what son is he whom the father chasteneth not?

8 But if ye be without chastisement, whereof all are partakers, then are ye bastards, and not sons.

9 Furthermore we have had fathers of our flesh which corrected us, and we gave them reverence: shall we not much rather be in subjection unto the Father of spirits, and live?

10 For they verily for a few days chastened us after their own pleasure; but he for our profit, that we might be partakers of his holiness.

Lesson 9 November 1, 2026
Pioneer and Protecter of our Faith

Hebrews 12:1-13 KJV

11 Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby.

12 Wherefore lift up the hands which hang down, and the feeble knees;

13 And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed.

LIGHT ON THE WORD

Multitude of Witnesses. In chapter 11, the writer of Hebrews provides a brief history of people who demonstrated great faith in God, beginning in Genesis with Abel, and continuing with "others ...tortured [to death], refusing to accept release offered on the condition of denying their faith], so that they would be resurrected to a better life" (Hebrews 11:35, AMP). These people of the faith make up this large multitude of witnesses, people who believed God, and testify to His faithfulness and power. The Greek term used for "witnesses" is *martus*, where we derive "martyr," and can be translated as "a spectator, witness, or testifier."

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LIFE NEED FOR TODAY'S LESSON:

AIM: We will agree that life has many trials and struggles.

INTRODUCTION

Hebrews

The name " Hebrews" is believed to likely originate from the term ha ibhri which comes from the Hebrew word abar, meaning "one who crosses over." This etymology is often traced to Abraham, who is called "Abram the Hebrew" in Genesis 14:13, reflecting his journey from beyond the Euphrates River into Canaan. The designation likely distinguished the descendants of Abraham from the surrounding peoples. Over time, "Hebrews" became a term used to collectively refer to the Israelites, especially in contexts where they were perceived as outsiders or sojourners (Exodus 1:15; 2:6). Thus, the name encapsulates both their ancestral origins and their identity as a people set apart by God The Epistle to the Hebrews was most likely addressed to Jewish individuals who had converted to Christianity.

BIBLE LEARNING

AIM: We will agree that faith sustains us in difficult times.

I. BE FAITHFUL

Hebrews 12:1-4

The "great ... cloud of witnesses" refers to the people mentioned in chapter 11. Here, the writer is saying that those who have gone before are examples to others of living the life of faith.

God has confirmed their faithfulness, and they can be seen as examples of those who endured. Therefore, in light of our inspiring audience, we must rid ourselves of "every weight" and "run with patience."

Lesson 9 November 1, 2026
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I. BE FAITHFUL
Hebrews 12:1-4

1 Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,

The writer of Hebrews uses an illustration of a race, a common athletic event during Greco-Roman times. There are runners and witnesses. These "witnesses" are examples, though they were not "made perfect" (11:40). They trusted God and lived for Him to the end. Their testimonies encourage others to do the same. The writer exhorts his audience (runners) to "strip off" (i.e., take off excess clothing or weights while running) anything that hinders living faithfully, particularly sin (12:1).

Lesson 9 November 1, 2026
Pioneer and Protecter of our Faith

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I. BE FAITHFUL

Hebrews 12:1-4

2 Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. 3 For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds.

Instead of being sidetracked and encumbered, believers should run with endurance by focusing on Christ, the One who founded the Christian faith (v. 2) and created a path forward for those to come. He not only started it but He is the ultimate example – the One who demonstrates how perfect faith looks, and equips us.

To run the race, a person must stay focused on Jesus, as implied here by the use of the Greek word *aphorao* (**ah-foe-RAH-oh**), translated as "looking." *Aphorao* means "to focus attention, to see something clearly“ – namely Jesus. We do so because Jesus is the "author" (Gk. *archegos*, **ar-khay-GOSS**), meaning chief leader. This term was used for heroes and founders of philosophical schools, as well as those who paved the way for others and were exalted for their efforts. So Jesus is the "pioneer" and the "finisher" (Gk. *teleiotes*, **teh-lay-oh-TACE**), which means "completer" of faith. In other words, His life and death make faith complete. The word "endured" comes from *hupomeno* (Gk. **hoo-poe-MEN-oh**), meaning "to remain or tarry." Jesus chose to remain on the Cross and bear the shame of crucifixion to save humanity. He focused on the future and finished the work of our redemption, bringing many to glory (Hebrews 2:10).

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I. BE FAITHFUL

Hebrews 12:1-4

4 Ye have not yet resisted unto blood, striving against sin.

Here, the readers are reminded that although they may have suffered great persecution (Hebrews 10:32-34), none of them have shed blood and died like Jesus did. None had yet become martyrs because of their confession of Jesus as their Messiah or Savior.

LIGHT ON THE WORD

Jesus' Supremacy

The writer sets forth to establish the supremacy of Christ speaking of His incarnation, death, priesthood, and His elevation above the angels, Moses, Joshua, and high priests. He then focuses on faith, providing its definition as "the substance of things hoped for, the evidence of things not seen" (Hebrews 11:1), and goes on to list those from Jewish history who are in the "Great Hall of Faith." In so doing, he reminds readers of the necessity of faith in Christ, how "without faith it is impossible to please God" (11:6, NIV), and how faith supersedes rituals and sacrifices.

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II. BE DESCIPLINED
Hebrews 12:5-11

5 And ve have forgotten the exhortation that speaketh unto you as unto children, My son, despise not thou the chastening of the Lord, nor faint when thou art rebuked of him: 6 For whom the Lord loveth he chasteneth, and scourgeth every son he receiveth,

In verses 5 and 6, the author quotes Proverbs 3:11-12. In these verses, the reader is reminded of the parent-child relationship. Undisciplined children are unloved children. In this instance, the use of the Greek word *paideia* (**pie-DAY-ah**) means "nurturing" or "giving instruction." The writer is saying that one should not make light of God's instruction but welcome it as a means of spiritual growth.

Lesson 9 November 1, 2026
Pioneer and Protecter of our Faith

II. BE DESCIPLINED

Hebrews 12:5-11

7 If ve endure chastening, God dealeth with you as with sons; for what son is he whom the father chasteneth not? 8 But if ye be without chastisement. whereof all are partakers, then are ye bastards, and not sons.

Christians should view trials as a form of divine discipline. Just as a parent would discipline a child, God deals with the sinner. No wise father or mother would allow his or her children to continue bad behavior without correcting it. Therefore, receiving discipline can be viewed as a sign of God's fatherly love.

Lesson 9 November 1, 2026
Pioneer and Protecter of our Faith

II. BE DESCIPLINED

Hebrews 12:5-11

9 Furthermore we have had fathers of our flesh which corrected us, and we gave them reverence: shall we not much rather be insubjection unto the Father of spirits, and live?

Here, God is called "the Father of spirits” (an expression in the New Testament which occurs only here) – in contrast to the human "fathers of our flesh." The writer makes a comparison between an earthly father and the heavenly Father – the argument being, if earthly parents discipline us and we respect them for it in the long run, then we should respect our Heavenly Father who gives us His Holy Spirit even more. God has power over every soul because it belongs to Him.

Lesson 9 November 1, 2026
Pioneer and Protecter of our Faith

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II. BE DESCIPLINED

Hebrews 12:5-11

10 For they verily for a few days chastened us after their own pleasure; but he for our profit, that we might be partakers of his holiness.

Verse 10 points out the difference between human discipline and Heaven's discipline. Our earthly parents discipline us "for a few days," whereas God's discipline gives us an eternal benefit. Human discipline is often inconsistent and usually provides a temporary benefit. However, the long-range goal in God's discipline is that we might be "partakers" of His holiness. Nothing pleases God more than children who grow to emulate Him.

Lesson 9 November 1, 2026
Pioneer and Protecter of our Faith

II. BE DESCIPLINED

Hebrews 12:5-11

11 Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby.

Present discipline seems painful because it is! The purpose of our pain is to produce Christlike behavior. Sometimes we have to endure painful discipline. The Greek word for "exercised" is *gumnazo* (**goom-NAHD-zoh**), and as used here, it implies exercise of the mind in order to endure persecution. The word is usually used for going to the gym to work out, much as we would today. This physical training was a key part of the *paideia* (**PIE-ee-dee-uh**) or education a young person was expected to undergo. Here, the author states it is also a key part of the discipline that God has His children undergo, exercising the mind in order to endure persecution, so that they can later enjoy the "fruit of righteousness.'

LIGHT ON THE WORD

Spiritual Discipline

Many people talk about needing to "exercise discipline" or "be disciplined." However, few people understand or appreciate the process. Discipline involves training, educating, and correcting, and it is accomplished in various ways. It requires effort, love, time, consistency, sacrifice, pain, and a degree of difficulty, but it is necessary in order to experience growth.

Lesson 9 November 1, 2026
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III. BE STRONG
Hebrews 12:12-13

12 Wherefore lift up the hands which hang down, and the feeble knees; 13 And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed.

These two verses encourage the Hebrew Christians to become strong, and by becoming stronger, they will be able to help even the weakest among them. In the race of faith, they are called to lift up their weak hands and knees. This is likely an allusion to Isaiah 35:3, a prophecy to Israel regarding the inaugurated Kingdom of God. Through this, the writer implies that now Jesus' followers have experienced the inbreaking of the coming Kingdom. This inbreaking, which is signified by the baptism of the Holy Spirit, is the basis for the believer's strengthened faith in the present as well as in the future.

The wording of verse 13 might have Proverbs 4:26 in mind. This verse is an exhortation to not stray away from the godly path. The writer of Hebrews says that by following the correct path, those who are already lame may become healed. They will avoid further suffering and spiritual disability.

LIGHT ON THE WORD

Without Blemish

The book of Hebrews has a few unknowns. Origen, a Christian interpreter from the second-third centuries, engages in a debate regarding whether or not Paul wrote Hebrews. He determines that the style is different but that Paul's theology certainly influenced Hebrews strongly enough to include it in the tradition of Paul, even if only God can be sure whether or not Paul wrote the document.

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BIBLE APPLICATION

AIM: We will decide that Jesus provides us the support needed to endure our troubles.

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BIBLE APPLICATION

This lesson causes us to re-examine our view of suffering and discipline. Joseph's tumultuous journey ended with his being second-in-command in Egypt. The faith of Daniel's friends grew as they experienced God's deliverance in the furnace, and Daniel's faith grew as he was delivered from the lion's den. Suffering is painful. But good can come from it. How are you challenged to change your view of suffering? What trials do you have now? Is there anything that needs to change in how you approach discipline in your life? Your children? Pray that God will ive you the ability to see what He is doing and faith to endure.

STUDENT RESPONSES

AIM: We will appreciate God's discipline that makes us stronger and increases our faith.

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STUDENT RESPONSES

Very rarely is discipline viewed in the context of faith and growth. However, the writer has them intertwined. James 1:2-4 says, "Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing" (NLT). What hardships have you experienced that you now see were God's discipline? How did they affect your faith? our character? Your growth? What lessons can others learn from your example?

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Prayer

Dear Heavenly Father,

We are privileged to be Your children. Thank You for loving us to discipline and care for us to become stronger in our faith. We want to walk by faith in all that we do and say. Your faithfulness gives us grace and mercy each and every day.

In the name of Jesus we pray,

Amen.

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Next Sunday
November 8, 2026

Lesson 10
Everything's Brand New
Revelation 21:1-8