



Use this guide to help your community group engage further with this week's sermon.

Run! (Hebrews 12:1-3)

July 12, 2026

Read Hebrews 12:1-3 and discuss these questions:

1. What stood out to you in this passage and sermon, and why?
2. Verse 1 begins with "therefore." How does Hebrews 11 help us understand what the author is calling believers to do in 12:1-3?
3. Who does the "great cloud of witnesses" refer to? How do their lives encourage us without becoming the focus instead of Jesus?
4. These verses distinguish between "every weight" and "the sin which clings so closely." What is the difference? What are some examples of each in everyday life?
5. Why does the author describe Jesus as both the "founder and perfecter" of our faith? How does this give confidence when endurance feels difficult?
6. Jesus endured the cross "for the joy set before him." What does this teach us about suffering, hope, and the Christian life?
7. What "weights" or distractions most commonly slow your walk with Christ? What practical steps could help you lay them aside this week? How can our community group help one another keep our eyes fixed on Jesus rather than becoming discouraged, distracted, or entangled by sin?

Pray with one another. Spend time praying for one another, our community, and our world. Start by asking, "How can we pray for you?" Then consider these requests:

- For endurance to lay aside hindrances and sins and stay focused on Christ.
- To encourage one another with faithful examples and help each other fight sin and unbelief.
- That Christians serving in difficult places would run with perseverance and not grow weary.

Consider singing "[Christus Victor](#)" together as you close in prayer.