



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

Stay in the Race (Hebrews 12:12-13)

August 23, 2026

Sermon Summary: In the Christian life, it is common to ask, “Why?” and “Where are you, God?” when we experience hard times or divine discipline. Hebrews reminds us that the Christian life is a race we should run with endurance. We do this by setting aside sins, such as unbelief, that slow us down. Instead, we focus on Jesus, trusting that our heavenly Father uses hardship to form us into Christlikeness.

Read Hebrews 12:1-13 and discuss these questions (Bolded questions are kid-friendly):

- 1. What is one thing that stood out to you from this Bible passage or sermon and why?**
2. Which Scriptures do you turn to in times of hardship or divine discipline, and how do they help you endure in the Christian life?
- 3. When we experience hard times or God's discipline, Pastor Mike said we can sometimes underreact (ignore them) or overreact (let them feel too big) (Heb. 12:5). What might that look like in your life? What would it look like to trust God and respond with faith?**
4. What image comes to mind when you think of someone with “drooping hands” and “weak knees” (Heb. 12:12)? Why do you think some people respond to hardship and divine discipline in this way? If you were experiencing this, what could someone say to encourage you to stay in the race of the Christian life?
5. Take a moment to consider whether there are areas in your life marked by weariness or giving up because of hardship or divine discipline. What are some specific ways you'd like God's Spirit to give you strength to endure? (*See below for praying for one another.*)

Pray with one another. Spend time praying for one another. Specifically, invite those who need God's strength to ask for prayer. As you ask God for strength on their behalf, place your hand on their shoulder or lift their arm to remind them that they have brothers and sisters in Christ around them as they run toward Christ.

Consider singing “Lord, I Need You” together after you pray.