



MY ONE WORD, PART 4: ENDURE

Most of us think endurance means pushing harder, staying quiet, and carrying our struggles alone. We admire strength, independence, and self-sufficiency—but over time, that mindset quietly drains us. Isolation feels noble at first, but it eventually leaves us exhausted, discouraged, and overwhelmed. One of the most dangerous is, “*I should be strong enough to handle this on my own.*” But endurance was never meant to be built in isolation. God designed the race of faith to be run together—supported by community, strengthened by encouragement, and sustained by shared hope. If you’ve been trying to endure silently? Stop running alone.

BIG IDEA: Endurance isn’t a solo act—it’s something we grow in and sustain together.

DISCUSSION QUESTIONS

1. When you think of endurance, what comes to mind first—strength, discipline, pain, or perseverance? Why do you think most people associate endurance with being alone?
2. *With your Bible or Bible App, [read Hebrews 12:1-3](#).*

¹ Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. ² We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God’s throne. ³ Think of all the hostility he endured from sinful people; then you won’t become weary and give up.

[Hebrews 12:1-3 \(NLT\)](#)

3. How should Christians run the race set before us?
4. A weight keeps you from running fast, but sin keeps you from running at all. What does it mean to strip off every weight that holds us down?
5. What are some weights people carry silently that God never intended them to carry alone? Which weight might God be inviting you to bring into the light?
6. *Solo endurance is a myth.* Jimmy described how handling things ourselves often feels strong and responsible at first. Why do you think isolation is so easy to justify spiritually? Where have you seen isolation quietly weaken endurance—either in your life or someone else’s?
7. *With your Bible or Bible App, [read Hebrews 11:39-40](#).*

³⁹ All these people earned a good reputation because of their faith, yet none of them received all that God had promised. ⁴⁰ For God had something better in mind for us, so that they would not reach perfection without us.

[Hebrews 11:39-40 \(NLT\)](#)

8. The *cloud of witnesses* reminds us that we’re part of a larger story of faith. How does knowing others have endured before you give strength to your present race? Who are some people—biblical or personal—whose faith encourages you?
9. *With your Bible or Bible App, [read Galatians 6:2](#).*

Share each other’s burdens, and in this way obey the law of Christ.

[Galatians 6:2 \(NLT\)](#)

10. Why do you think God commands burden-sharing instead of self-reliance? What kinds of burdens are hardest for you to let others help carry?
11. Jimmy said, “*The enemy doesn’t need to defeat you—he just needs to isolate you.*” Why is isolation such a powerful strategy against spiritual endurance? What practical steps help guard against drifting into isolation?

MOVING FORWARD

You were never meant to carry everything by yourself. Endurance grows where honesty, support, and faith intersect. This week, resist the urge to isolate. Reach out. Let someone help you carry what's heavy—and be willing to help carry someone else's load. When we endure together, we don't just survive the race—we finish it faithfully.

CHANGING YOUR MIND

“Let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus.”
Hebrews 12:1–2 (NLT)