



CHOOSE HARD.  
CHOOSE YOUR  
NEXT EVEREST.

## THE SUMMIT, PART 1: BEFORE YOU CLIMB

Life is filled with uphill climbs. Some are physical, but most are spiritual, emotional, relational, or financial. We all start the race with excitement, but what happens when the climb gets steep? What do we do when we're tired, discouraged, tempted to quit, or wondering if all our effort is worth it? The book of Hebrews was written to believers facing those same questions. They were tempted to stop running. Stop believing. Stop following. Hebrews reminds us that God isn't looking for people who start strong; He's looking for people who finish well.

**BIG IDEA: To finish the race, run by faith.**

### DISCUSSION QUESTIONS

1. What is one challenge, goal, or accomplishment in your life that required significant preparation, endurance, or perseverance? What did you learn about yourself through that experience?
2. *With your Bible or Bible App, [read Hebrews 11:6](#).*

*And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him. [Hebrews 11:6 \(NLT\)](#)*

3. Kim emphasized that every contestant must run by faith. What does it mean to live by faith rather than by sight?
4. Why is faith most difficult during uphill seasons? Can you share a time when you had to trust God even when you couldn't see the outcome?
5. *With your Bible or Bible App, [read Hebrews 12:1](#).*

*<sup>1</sup> 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. <sup>2</sup> 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.*

[Hebrews 12:1-2 \(NLT\)](#)

6. The *cloud of witnesses* refers to Hebrews 11. [Read Hebrews chapter 11 now](#). What surprised you about the examples listed in Hebrews 11? The people in the 'Hall of Faith' in chapter 11 experienced both victories and hardships. What do you learn about faith from these people?
7. When you hear the Christian life described as a race, what comes to mind? What are some things that make it difficult to keep running spiritually?
8. Kim distinguished between a *weight* and a *sin*. What are some things that may not be sinful but can still slow down spiritual growth?
9. What is one *weight* you may need to remove from your life right now? What distractions or priorities compete for your attention and devotion?
10. *Sin trips us up*. Why do certain sins seem to entangle us repeatedly?
11. What is the difference between carrying a weight and being trapped by sin? How can community and accountability help us lay aside sin?
12. *Run with endurance the race God has set before us*. Why is endurance such an important part of spiritual maturity? What helps you keep going when you feel discouraged or exhausted? Where are you most tempted to quit right now?

13. Kim said, “*We need to keep our eyes on Jesus.*” Why is it easy to become distracted during the race? What are some things that pull our focus away from Jesus? How does focusing on Christ help us persevere through difficult seasons?
14. Kim identified 5 rules for running the race:
1. *Run by faith.*
  2. *Strip off every weight.*
  3. *Lay aside every sin.*
  4. *Finish the course.*
  5. *Fix your eyes on Jesus.*

Which of these five areas do you need to focus on most right now, and why?

15. Imagine yourself one year from now. What would spiritual growth and endurance look like in your life? What habits or disciplines do you need to strengthen now to help you finish well?

#### MOVING FORWARD

This week, identify one weight and one distraction that may be slowing your spiritual progress. Make a specific decision to remove it or reduce its influence. Then spend time each day fixing your attention on Jesus through prayer, Scripture, and worship. Remember: God is not only interested in how you start the race—He wants you to finish it.

#### CHANGING YOUR MIND

“We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.” Hebrews 12:2