

Sermon Notes 3/23/25

# Running for Eternity Corriendo por la eternidad

How can we run for eternity?  
¿Cómo podemos correr por la eternidad?

1. Let's be free of our \_\_\_\_\_.  
Seamos libres de nuestros \_\_\_\_\_.  
Hebrews 12:1 (Hebreos 12:1)  
John 8:34-36 (Juan 8:34-36)  
Psalms 119:133 (Salmos 119:133)

2. Let's focus on our \_\_\_\_\_.  
Centrémonos en nuestro \_\_\_\_\_.  
Hebrews 12:2 (Hebreos 12:2)  
Philippians 3:7-8 (Filipenses 3:7-8)  
John 15:4-5 (Juan 15:4-5)

3. Let's submit to our \_\_\_\_\_.  
Sometámonos a nuestro \_\_\_\_\_.  
Hebrews 12:7-11 (Hebreos 12:7-11)  
Proverbs 3:11-12 (Proverbios 3:11-12)  
1 John 3:1 (1 Juan 3:1)



# Life Group Discussion Questions

Week 22: March 23-30

Hebrews 12:1-13

As Christians in this world, we are like Olympic athletes running for eternity. The Christian life is not a 50-yard dash. It is a cross-country race that requires endurance. Several passages in the Bible use the image of running a marathon to illustrate the kind of perseverance we need in this life. In 1 Corinthians 9:24, Paul tells us to run the race so that we may win. In 2 Timothy 4:7, as Paul thinks about the end of his life, he says, “I have finished the course.” In Hebrews 10:36, the author tells his readers that they need to persevere. And then, in chapter 12, he uses the analogy of running a long-distance race to encourage them to persevere in their faith. There are some powerful principles in this passage that will help us to persevere in the spiritual race for eternity.

## Read Hebrews 12:1-13

1. What did the writer tell his readers to do in order to run the race with perseverance? (12:1)

Jim Girdwood and Peter Verkruyse write,

Perseverance is the key idea of this section since forms of this word (ὑπομονή, hypomenē) occur no less than three times in these three verses (“endured” the verb ὑπομένω [hypomenō] in both v. 2 and v. 3). The word conveys the idea of “standing one’s ground” or “holding out” in times of trouble and affliction. (Girdwood and Verkruyse, 403-404)

2. In addition to sin, what might cause us to get spiritually sidetracked? (12:1)

In this spiritual race for eternity, our sins will trip us up. But other things will also hinder our progress. Kent Hughes writes,

Not all hindrances or weights are sin, however. In fact, what is a hindrance to you may not be a hindrance in any way to someone else. A hindrance is something, otherwise good, that weighs you down spiritually. It could be a friendship, an association, an event, a place, a habit, a pleasure, an entertainment, an honor. But if this otherwise good thing drags you down, you must strip it away. (Hughes, 387)

3. In chapter 11, the author reminded us of many great examples of faithful people in the Old Testament. But who does he tell us to fix our eyes on in chapter 12? (12:2)

Charles Swindoll observes,

We're not to look down at our feet, around at our surroundings, or behind at our accomplishments or failures. We're to be "fixing our eyes on Jesus" (12:2). The verb translated "fixing our eyes" (aphoraō [872]) means "to direct one's attention without distraction." Jesus Christ—and Jesus Christ alone—is to be the focus of attention. Why? Because He has gone before us in this marathon of faith. He's the origin of our life of faith and the One who will see us through to the end. (Swindoll, 195)

4. How is Jesus described in verse 2?

5. Why is it important for us to think about the gospel often and consider what Jesus has done for us? (12:3)

6. What observation did the writer make about his readers in verse 4?

7. How should we respond to God's discipline in our lives? (12:5)

8. What should we remember about God when He disciplines us? (12:6)

Swindoll comments,

This is why faith is essential to help endure the painful trials in our lives. By faith we trust that God loves us, that He is all-powerful, and that He knows us completely. That is, though we don't fully understand how God is working things out for our good, we trust that He is (Rom. 8:28). By faith we grasp the significance of the next line of Solomon's proverb: that God disciplines out of love, not anger or hatred; and that when he punishes, He does so as a loving Father corrects a child (Heb. 12:6). (Swindoll, 197)

9. Why should we be concerned if it seems like we never experience God's discipline? (12:7-8)

10. Why does God discipline His children? (12:9-10)

Forms of the word for “discipline” occur 10 times in verses 5-11. The verb “to discipline” (*paideuo*, παιδεύω [G3811]) means “to train up a child, i.e. educate, or (by implication) discipline (by punishment): - chasten, chastise, instruct, learn, teach.” (Strong, 1655)

11. What are the pleasant and unpleasant effects of God’s discipline?  
How long do they last? (12:11)

Girdwood and Verkruyse note,

Thus we see the worth of the discipline for “those who have been trained by it.” The literal sense of γυμνάζω (*gymnazō*) is to “exercise naked” and the term continues the athletic imagery which frames this portion of the chapter (12:1-11). The exercise which leads to spiritual strength is similar to that exercise which leads to physical strength: no pain, no gain. (Girdwood and Verkruyse, 410)

12. What can we do to endure hardships and learn from God’s discipline? (12:12-13)

13. Why is a marathon a good analogy for living the Christian life?

14. What are some things that make it difficult to fix our eyes on Jesus?

15. What can we do to prevent growing weary and losing heart in our struggle against sin?

16. How has discipline made a positive difference in your life?

17. How can we tell when God is disciplining us?

18. What can you do this week to fix your eyes on Jesus?

19. How can you encourage someone to persevere as a Christian?

20. What do you want to remember the next time God disciplines you?

### **Sources cited:**

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Strong, James. *Strong’s Exhaustive Concordance*. Hendrickson, 2007.  
Swindoll, Charles. *Insights on Hebrews*. Tyndale, 2017.