

YOUR FAITH MATTERS

SESSION 5 – FAITH IN ACTION

Scripture: Hebrews 12:1-3

Summary: Faith isn't just belief—it's a way of living. Don't quit. Keep running your race with Jesus at the centre.

Icebreaker: Share a time you wanted to quit something but kept going—what helped you push through?

Discussion Questions:

- Why does the Christian life sometimes feel more like a marathon than a sprint?
- What does it mean that we're "surrounded by a cloud of witnesses"?
- What are some things that distract us from keeping our eyes on Jesus?
- How does fixing our eyes on Jesus help us keep going in tough times?
- What are some practical ways faith can be lived out daily, not just believed inwardly?

Personal Application: Identify one "distraction" you need to lay aside and one action step of faith you can take this week.

Closing Prayer Prompt: Pray for perseverance to keep running your race and to keep your eyes fixed on Jesus.