



# GUIDED BIBLE STUDY

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## **Run the Race with Endurance**

**Speaker: Pastor Alan Brooks**

### **Highlighted Scripture**

**Hebrews 12:1–2**

**Since we are surrounded by those who have lived by faith before us, we are called to remove anything that weighs us down—especially sin—and run the race God has set before us with endurance. We do this by fixing our focus on Jesus, the one who begins and completes our faith.**

**Philippians 1:6**

**God, who began a good work in you, will continue to carry it forward until it is complete.**

**2 Timothy 4:7**

**I have fought the good fight, finished the race, and remained faithful.**

### **Discussion Questions**

- **What are some “weights” in your life that may not be sin but are slowing down your faith?**

- **Why is endurance more important than intensity in the long-term walk with God?**
- **What does it practically look like to “fix your eyes on Jesus” in daily life?**
- **Have you ever experienced burnout in your faith? What contributed to it?**
- **How can consistency help you stay strong in your walk with God over time?**

### **Reflection Challenge**

**This week, focus on running your race with endurance, not just intensity.**

**Ask yourself:**

- **What is currently distracting me from staying focused on Christ?**
- **Am I pursuing short bursts of motivation, or long-term faithfulness?**
- **What habits can I build that support consistency in my walk with God?**

**Try this:**

- **Identify one “weight” in your life and intentionally reduce or remove it**
- **Set aside daily time to refocus on Jesus through prayer or Scripture**
- **Choose one small, consistent habit that strengthens your**

## **faith each day**

### **Remember**

- **Not everything that slows you down is sin—but it still matters**
- **Faith is a marathon, not a sprint**
- **Consistency over time is more powerful than short bursts of intensity**
- **Jesus is both the beginning and the completion of your faith**

### **Prayer**

**Father God,**

**Thank You for calling me to run this race of faith.**

**Help me to lay aside anything that is weighing me down.**

**Give me endurance to stay faithful over the long journey.**

**Keep my eyes fixed on Jesus and not on distractions around me.**

**Strengthen me to walk consistently with You each day.**

**In Jesus' name,**

**Amen.**













