



Main Scripture: Hebrews 12:1-3

In order to run well, we need to ...

Throw off everything that hinders (v 1)

Throw off the sin that easily entangles (v 1)  
(1 Cor 9:24-27)

Run with perseverance (v 1)  
(Matt 13:20-21)

Keep our eyes fixed on Jesus (v 2)  
(Phil 1:6)

# Running the Race | June 18 & 19, 2022

Small Group Sermon Study

Hebrews 12:1-3



**Opening Prayer:** *Father, in Jesus' name, through the Holy Spirit, come and speak to us, teach us and transform us as we read, discuss and reflect on Your word.*

## Icebreaker:

- What is something that you enjoy doing that requires self-discipline, focus and/or endurance? What is the payoff or motivation for you?

**Read the key passage(s) of Scripture from the message and review the points from the sermon notes, then answer the following questions:**

1. What did you like or appreciate about this message? What was new or surprising to you?
2. What are some things that you are doing to nurture your overall well-being in this season? In what ways are you running the race well?
3. An untied shoelace can be disastrous in a marathon. What are you neglecting that you need to attend to? What are some of the hinderances or weights that God is asking you to let go of?
4. "We have a low pain tolerance." How is your response to pain helping or hindering your sanctification journey? How are you turning to or tolerating sin in your life as a means of comfort or rebellion?
5. Where our eyes are fixed, our feet will go. How can we re-center our eyes on Jesus? Invite the Holy Spirit to show you what this looks like for you.
6. Read Hebrews 12:2 and Philippians 1:6. Consider sharing a few encouraging things that you are observing in each other that reflect Christ's transforming and redeeming work.

## Personal Reflection:

**Silently re-read the key Scripture(s) from the message, asking the Holy Spirit to speak to you.**

- What do you need to surrender to Jesus? How will you respond to what God is showing you?
- What verse, phrase or word do you need to take with you this week? How will you act on what you've heard?

**Prayer:** *Spend time praying for one another (that we would grow in our love for God and others, that we would be transformed by what God has revealed, that we would be alert and obedient to God, etc.).*