

Run for Your Life

Hebrews 12:1–3

1. Observations:

Key words

2. Outline:

Three commands in three verses

3. Insights:

What will it take to run the race?

4. Application:

How does it apply?

ECC Group Questions

Run for Your Life

Hebrews 12:1–3

1. What discipline did you resent as a child that you appreciate now?

Read Hebrews 12:1–3

2. What are the connections between running a marathon, and the Christian life?
3. What does it mean to “lay aside every weight”?
What are some examples of weights that might hinder someone following Jesus?
4. What do you think the writer meant by the phrase “sin that clings so closely”?
How have you experienced the clinginess of sin?
5. How important is endurance, in following Jesus? Explain.
When have you been tempted to quit following Jesus?
What helped you keep going?
6. What is the value of looking to Jesus? Give examples from the text.
How do you accomplish this in your life?
How does focusing on Jesus help keep other things in perspective?
7. In what ways is Jesus the “founder and perfecter” of our faith?
Be specific.
8. What was Jesus’ motivation for enduring the cross?
What does that mean to you?

Reflect

9. What are two obstacles that hinder or entangle you in your race?
10. What have you found that helps you keep looking to Jesus?

Memory Verse: Hebrews 12:3

Consider him who endured from sinners such hostility against himself,
so that you may not grow weary or fainthearted.