

A Word to the Weary

Hebrews 12:1-3

Running with Endurance

- Get rid of what weighs you down or wears you out
- Fight to disentangle from sin

Running with the Witnesses

- Fellow participants who've already finished
- Gaining strength from their example

Running Through Divine Enabling

- The Founder: His initiating work gets us to the starting line
- The Perfector: Taking us all the way to the finish line
- Sustained by joy, as Jesus was
- Depending on His strength to continue
- Jesus endured, and we can too

For Life Group Discussion

Hebrews 12:1-3

1. Why do you think the New Testament uses athletics to describe the Christian life? What passages can you find in addition to our text? What are we supposed to learn from these illustrations?
2. What can you identify that is “weighing you down or wearing you out” in your race of faith? What are you going to do about it? Is there a sin or sinful pattern that you need to repent of? What will that fight look like?
3. As you read through the “cloud of witnesses” listed in Hebrews ch. 11, which one(s) will you focus on for additional study? Why? Are there modern-day witnesses who have inspired you? Who?
4. What difference does it make that Jesus is the founder/initiator and the perfecter/completer of our faith? How does Divine enabling interact with human effort? Read Eph 2:1-10 for help.
5. How does a Biblical view of eternity sustain us in the race? What does it mean to defer hope to heaven? How does that affect our approach to life and our quest for meaning and fulfillment? Where is our joy found?
6. Read Heb 1:3, 1:13; 8:1-2, 10:12, and 12:2. What do these verses teach us about the completion and sufficiency of Jesus’ once-for-all sacrifice, and what do we learn about His present ministry? How do those things inform your efforts to “run with endurance?”