



Discussion Guide — 11/02/2025

Series: *What We Carry | Honest Talk About the Hard Stuff*

Message: *We Carry the Light*

Scripture: Hebrews 12:1–2 (NRSVUE)

Opening Prayer

Light of the world, thank You for the great cloud of witnesses who carried Your light to us. As we remember them, help us lay down every weight and run with perseverance, eyes fixed on Jesus. Amen.

Introduction & Context

On All Saints Sunday we honor the “cloud of witnesses” whose lives testify to God’s faithfulness (Hebrews 11–12). The writer of Hebrews moves us from memory to momentum:

1. Remember we are surrounded,
 2. Release what weighs us down, and
 3. Run our race with eyes on Jesus, the pioneer and perfecter of faith.
- All Saints is not mere nostalgia; it’s an invitation to carry forward the light we’ve received.

Discussion Questions

1) The Cloud of Witnesses — Remember

- Who is one “saint” (biblical, historical, or personal) who helped form your faith?
- Share one *specific* story or practice from their life that carried light to you.





2) Laying It Down — Release

- Hebrews names “every weight” and “the sin that clings so closely.” What’s one weight slowing your stride now (e.g., resentment, hurry, comparison, overcommitment, self-talk, a draining habit)?
- What is one practical step you can take this week to set that weight down so you can carry light?

3) Running Our Race — Persevere with Eyes on Jesus

- In your current season (home, work, neighborhood, church), what does “run with perseverance” look like in ordinary, faithful terms?
- When is it hardest to keep your gaze on Jesus? What helps you re-center?

4) From Memory to Momentum — Practices that Carry Light

- Which next step fits you right now, and why?
 - Tell the story (name a saint; share a concrete story)
 - Imitate the practice (repeat one habit you received from them)
 - Pass the flame (encourage/mentor someone; invite them alongside you)
 - Fix your gaze (commit to a weekly worship rhythm—Scripture, Sabbath, silence, communion)
- Who could you encourage or invite to “run with” you this month?

5) Honest Space on All Saints

- Gratitude often sits beside ache. Where do you feel both today?
- How can our group make space for remembering *and* moving forward together?

Closing Prayer

God of the living, we thank You for those who have finished their race and for the light they entrusted to us. Help us lay down our weights, follow Jesus with perseverance, and shine so others see Your goodness and give You glory. Through Christ our Lord. Amen.



Key Takeaway

We don't just remember the saints—we receive their light as a trust. Remember, release, and run with your eyes on Jesus; let memory become momentum.

Next Step — P.A.R. (Pray • Act • Reflect)

- **Pray:** Thank God for one saint by name. Ask, *“Spirit, what light of theirs do You want me to carry this week?”*
- **Act:** Share their story with someone (at the table, by text, or in a note) or do one tangible act in their honor (serve, give, welcome, forgive, pray).
- **Reflect:** At week's end, ask, *How did remembering become momentum? Where did I sense Jesus setting my eyes forward? Who might need this light next?*

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