



# COMMUNITY GROUP DISCUSSION GUIDE

Week of 5/24/26

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## Opener (10 minutes or less)

The person sitting to your left is your only teammate in a sudden zombie apocalypse. Based on their current outfit and whatever objects are within arm's reach of them right now, how long are you two surviving?

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## DISCUSSION (50 minutes or less)

*Begin your discussion time in prayer.*

**Scripture Reading: Hebrews 12:1-17**

Questions:

1. What stood out to you from the text or Sunday Sermon? What was new, challenging, or encouraging?
  2. What is a "weight" in your life right now? This isn't necessarily a sin, but a habit, distraction, worry, or schedule commitment that leaves you too emotionally or spiritually exhausted to focus on God.
  3. When you look at the culture around you or your own messy circumstances, it's easy to get discouraged. What practically helps you shift your gaze back to Jesus during a chaotic week so that you don't "grow weary or fainthearted"?
  4. Looking back, how did God use hardship to "train" you, mature your character, or yield the "peaceful fruit of righteousness" in your life?
  5. How can we better notice when another "runner" next to us is limping or exhausted? What does it look like to practically help them heal rather than leaving them behind on the track?
  6. What are the modern "bowls of stew" that tempt us today? What short-term comforts, quick fixes, or immediate gratifications are most likely to tempt you to compromise your long-term spiritual legacy?
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## PERSONAL (30 minutes or less)

1. Oikos - the 8 to 15 people God supernaturally and strategically places in your life. Any oikos moments you would like to share..
2. What is going on in your life (note prayer requests and praise reports)
3. Pray

## Hebrews 11

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, <sup>2</sup>looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

<sup>3</sup>Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. <sup>4</sup>In your struggle against sin you have not yet resisted to the point of shedding your blood. <sup>5</sup>And have you forgotten the exhortation that addresses you as sons?

“My son, do not regard lightly the discipline of the Lord,  
nor be weary when reproved by him.

<sup>6</sup>For the Lord disciplines the one he loves,  
and chastises every son whom he receives.”

<sup>7</sup>It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline? <sup>8</sup>If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. <sup>9</sup>Besides this, we have had earthly fathers who disciplined us and we respected them. Shall we not much more be subject to the Father of spirits and live? <sup>10</sup>For they disciplined us for a short time as it seemed best to them, but he disciplines us for our good, that we may share his holiness. <sup>11</sup>For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

<sup>12</sup>Therefore lift your drooping hands and strengthen your weak knees, <sup>13</sup>and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed. <sup>14</sup>Strive for peace with everyone, and for the holiness without which no one will see the Lord. <sup>15</sup>See to it that no one fails to obtain the grace of God; that no “root of bitterness” springs up and causes trouble, and by it many become defiled; <sup>16</sup>that no one is sexually immoral or unholy like Esau, who sold his birthright for a single meal. <sup>17</sup>For you know that afterward, when he desired to inherit the blessing, he was rejected, for he found no chance to repent, though he sought it with tears.