

### The Heart of the Matter

14. What comfort do you get from knowing that a cloud of witnesses is watching you run the Christian race?

15. What are two obstacles that hinder and entangle you in your race? Why?

16. What have you discovered that helps you keep your eyes on Jesus?

17. How has God disciplined you in the past? How did His discipline lead you to finding peace?

Praises and Prayer Requests:



## Life Group Study Guide

### Run the Race Hebrews 12:1-3 For the Week of July 31, 2022

#### Getting Started

1. What insight, principle, or observation from this weekend's message did you find to be the most helpful, eye-opening, or troubling?
2. What discipline did you sometimes resent as a child that you appreciate now?
3. Do you perform better before a crowd or in private?

### **Digging Deeper**

4. Who are the “witnesses” that are being referred to in verse 1? (hint: see Hebrews 11) In what way are they witnesses to us?

5. How should Christians “run the race”? What does it mean to throw off sin and hindrances?

6. What does it mean to run with perseverance? What are things that keep us from enduring in the midst of our race?

7. What does it mean to fix our eyes on Jesus? How should this help us? What are some biblical examples of those who have kept their eye on Jesus versus those who have not?

8. In verse 2 and 3, how does Jesus’ example encourage us to endure through difficulty and struggle in running our race?

9. In verses 4-11 the discussion turns to our understanding of God’s discipline in our lives. How does God’s discipline help us overcome sin in our lives? How does Christ’s discipline differ from human discipline?

10. What are the implications of not being under God’s discipline?

11. What is the ultimate fruit of finding ourselves under God’s discipline?