

In This Race, Progress is More Important Than Pace Hebrews 12:1-3

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. ² Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.

Who are those witnesses?

Running *Our* Race:

1. Eliminate _____

Dump any _____

❖ **Including** _____ **if they keep us from**

_____ **to run “unshackled”**

2. Run with _____

_____ **is more important than** _____

3. Run with focus or we will _____

_____ **on Jesus.**

For the _____ **set before us.**

For further discussion:

Looking back at your notes from this week’s teaching, was there anything you heard for the first time or that caught your attention, challenged or confused you?

How does the analogy of a race help you understand your spiritual journey?

Why is it so hard to jettison the extra weight we carry around with us? Work, hobbies, technology, companions, etc.. What are the biggest hurdles you are facing in living life differently in this area?

What are some good things in life that become barriers to living the life of faith? How does Matthew 6:19-24 impact our understanding of what is really valuable?

How would you characterize your “running” this past year? Persevering, weary, lazy, apathetic, or other? Is that where you want to be? If not what changes need to be made?

How does John 15:1-11 add to your understanding of what it means to have an enduring faith in Jesus Christ?

Do you have a spiritual life running plan to keep moving forward?

In light of this week’s teaching on Hebrews 12, is there anything Jesus is calling you to start, stop or keep doing?

As you think through the sermon is there anything you’d like to focus on or change in the coming week?