

## LIFE group Questions

Run well!

Hebrews 12:1-3

Ice Breaker:

- Tell about a time you were motivated before a crowd or terrified performing before a crowd.
- Share a time when you packed the wrong things for a trip.

Read: Hebrews 12:1-3

1. What insight, principle or observation did you find to be most fresh, eye-opening or troubling? Explain.
2. What is the meaning of “therefore” in 12:1. What is it referring to? What is the connection between chapter 11 and chapter 12?
3. What do you think the author was trying to communicate to us by saying “we are surrounded by a great cloud of witnesses?”
4. Why is running a footrace a good metaphor for the Christian life?
5. Give a working definition of “hindrances”. What are two things that trip you up in your Christian race?
6. How can the Christian throw off sin?
7. What helps you live the Christian life with endurance?
8. In what ways might your race differ from other Christians?
9. What is the ‘joy’ set before Jesus? How could that possibly motivate us to run with endurance?
10. Practically speaking; What does it mean to fix our eyes on Jesus? How do you do that?

Pray with each other: