



Begin: take this time to hear how everyone is doing, and get settled in.

- What is something to celebrate this week?
  - IceBreaker: Have you ever trained for or completed something that required perseverance (a race, a project, learning a skill, etc.)? What helped you keep going when it got difficult?
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Listen: This is for reflection on Sunday's Sermon and thoughts from the message.

- What stood out to you about this week's message?
  - Is there anything you are still thinking about or have questions about?
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Discover: Take time to dig deeper into the passage/topic for this week.

• **Read: Hebrews 12:1-17**

- According to verses 1–2, what are believers called to lay aside, and why is it necessary to do so in order to "run with endurance"?
- What does it mean to "fix our eyes on Jesus," and why is He described as the "founder and perfecter of our faith"?
- Verses 3–11 describe God's discipline. What reasons does the author give for why God disciplines His children?
- According to verses 12–13, how should believers respond after experiencing hardship or discipline?
- What practical warnings are given in verses 14–17 about holiness, bitterness, and the example of Esau?

Apply: Take time to apply these Biblical Truths to your life.

- What "weights" (not necessarily sinful things) are slowing down your walk with Christ right now?
- How can fixing your eyes on Jesus change the way you face suffering?
- Has there been a difficult season in your life that God used to grow your faith? What did you learn from it?
- Verses 14–15 warn against bitterness. Why is bitterness so dangerous to both our own hearts and our relationships with others?
- What is one practical change you can make this week to run your race with greater endurance and faithfulness?
- MY ONE THING — What is your 1 takeaway from this study, and how will it impact your upcoming week?

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Pray: Feel free to pray in a way that best fits your group. Take time each week to pray with and for each other.

Notes: Space for you notes from your time together.

"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, LOOKING TO JESUS, THE FOUNDER AND PERFECTER OF OUR FAITH..."

HEBREWS 12:1-2

