



Growth Group Discussion Guide

Passage: Hebrews 12:1-3

Overview: In this passage, the author compares the Christian life to a marathon. To combat the exhaustion that is to be expected we are to give up what weighs us down, remember that we are not alone, and find hope in Christ. Ultimately, this passage calls us to run the race of faith with endurance by fixing our eyes on Jesus.



Into the Word

Throughout this passage the author compares the Christian life to a footrace. What does the metaphor of a footrace teach us about the Christian life?

Consider: 2 Timothy 2:5, 4:7-8; Philippians 2:16

In verse 1 we are called to lay aside whatever hinders us in the race of our Christian lives. **Read Ephesians 4:20-24.** How do we “lay aside every weight and sin”?

Throughout this passage we are called to consider Jesus. According to verse 2, who is Jesus? How is Jesus the ultimate example of endurance?

Resource: Looking to Jesus



Into the Heart

What in your life may be hindering your relationship with God or distracting you from following Him wholeheartedly? How can you lay this aside?

Consider: Matthew 6:24

Resource: How to Expose the Idols in Your Life

When might we grow weary or exhausted in our Christian lives? **Read Matthew 11:28-30.** What can we learn from Jesus in these seasons?



Into the World

The testimony of those who have gone before us is meant to encourage us in our own race. How can we point the next generation to Jesus and encourage them in their race?

Consider: Deuteronomy 6:4-9

How can we begin to engage in spiritual conversations with one another and invest in the spiritual lives of others? What hinders us from doing this?

Resource: But I've Never Been Discipled!



Growth Group Prayer Guide

“He always lives to make intercession for them” (Heb 7:25)

Use the prayers below to root your prayer for one another in Scripture.

Heavenly Father, from whom every family in heaven and on earth is named, according to the riches of your glory, grant us (or _____) to be strengthened with power through your Spirit, so that Christ may dwell in our (his, her) heart(s) through faith —that being rooted and grounded in love, we (he, she) may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that we (he, she) may be filled with all the fullness of God. (Based on Ephesians 3:15-19))

God of endurance and encouragement, grant us to live in such harmony with one another, in accord with Christ Jesus, that together we may with one voice glorify you, the God and Father of our Lord Jesus Christ. (Based on Romans 15:5-6)

God of hope, fill us (or _____) with all joy and peace in believing, so that by the power of the Holy Spirit we (he, she) may abound in hope. (Based on Romans 15:13)

Lord Jesus Christ, and God our Father, who loved us and gave us eternal comfort and good hope through grace, comfort our hearts (or the heart of _____) and establish us (him, her) in every good work and word. (Based on 2 Thessalonians 2:16-17)

O Lord, help us (or _____) always to rejoice in hope, be patient in tribulation, and be constant in prayer. (Based on Romans 12:12)

God our Savior, help us (or _____) to faithfully intercede in prayer with supplication and thanksgiving for all people in positions of power, that we (he, she) may lead a peaceful and quiet life, godly and dignified in every way, which is pleasing to you. (Based on 1 Timothy 2:1-3)

*“Prayer is nothing but taking God’s promises to him, and saying to him, “Do as thou hast said.”
Prayer is the promise utilized.” - Charles Spurgeon*