



Summary

- Key point 1. **Taking off all that hinders** (Hebrews 12:1a)
 - “let us strip off every weight that slows us down, especially the sin that so easily trips us up”
- Key point 2. **Running with perseverance** (Hebrews 12:1b)
 - “let us run with endurance the race God has set before us ”
- Key point 3. **Jesus shows us the better way** (Hebrews 12:2)
 - “we do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith .”

Questions:

Conversation Starter

1. Do you enjoy running - if not, do you have or did you have a favourite form of exercise you used to do?

Start thinking and sharing

2. Think about the rhythm of your life - are there things (even if they're 'good') that are distracting or weighing you down?

3. Do you find it easy to persevere? When are you most likely to quit? Are you a finisher or like to start new things? Where do you find it hard to persevere in running your race with Jesus?

Start praying

4. Heavenly Father, we recognise that often we live hurried and distracted lives. Please show us this week how we run our race in an unhindered way. Amen.

Start doing

5. Think about what it would mean for you to practically 'fix your eyes on Jesus' this week? Where might that be hard?