

# HEBREWS

Hebrews 12:1-3  
Pg 1008

## Sermon Study Guide

(Reminder: The purpose of the questions is to explore the text and themes of the sermon. **Do not feel a need to go through all of the questions.**

The goal is to stimulate discussion/reflection and transformation related to the sermon text and themes.)

1. The author identifies weights *and* sins as two encumbrances to running the race well. ( Heb 12:1) What are some weights that may serve as an encumbrance to your running? Can good things (family, career, etc.) become a weight in the race of faith? Once identified, how does one “lay aside” these weights, especially if they are good things?
2. In Hebrews 12:2, we see that Jesus endured the cross “for the joy set before Him.” What implications does this have for our lives as we encounter trials of various kinds? Paul says in 2 Corinthians 6:10 that we are “sorrowful, yet always rejoicing.” How can a Christian cultivate joy during seasons of intense suffering?
3. The way in which we run the race with endurance is by “looking to Jesus, the author and finisher of knowing that Christ is the “author and finisher of faith?” (Heb. 12:2) Practically speaking, what does this look like? What hope can we glean from knowing that Christ is the author and finisher of faith?”
4. Heb. 12:3 charges us to “consider” Christ so that you may not grow weary or fainthearted. What does it mean to “consider Him?” How does considering Him keep us from growing weary or fainthearted? In what ways have you seen this happen in your own life? In what ways can you cultivate the discipline on considering Christ in your life so that you will not grow weary or fainthearted?