

Discussion Questions for Hebrews 12 (Part 1) v1-2

Begin by reading Hebrews 12:1-2 and opening the study time in prayer.

- Why is the metaphor of a foot race useful for understanding our walk with the Lord?
- What are some of the necessary qualifications for anyone wanting to run in a long-distance race?
- How do those qualifications translate to running the race of faith?

Keys to staying in the race

#1: Lay aside every weight

- Why is weight a detriment to running a race?
- Read Matthew 19:21-22. What “weight” did the young man in this story need to get rid of?
- Since these “weights” are not necessarily bad in-and-of-themselves, what are some of the things that might be included in “every weight” (12:1)?

#2: Lay aside [the] sin which clings so closely

- How is sin a detriment to running the race of faith?
- What are some of the ways sin can “cling” to our lives?
- What is the answer when sin clings to us and won’t seem to let go?

#3: Run with endurance

- Define spiritual endurance.
- How does the quality of self-control affect one’s endurance?
- What is the answer when a believer recognizes that they don’t possess spiritual endurance?

#4: Look to Jesus

- Define what it means to “look to Jesus.”
- How does the message of Philippians 3:3 help us to look to Jesus?

Reasons to look to Jesus:

#1: He is the Founder and Perfecter of our Faith

- What does “founder” mean?
- What does “perfecter” mean? (What other words are used in different translations?)
- What is the PROMISE associated with Philippians 1:6?
- Why do we need Jesus to “finish” our race of faith?

#2: He endured the cross

- What does it mean to say that Jesus “endured the cross?”
- How does His successful endurance of the cross help us?
- Read 2 Peter 1:3. How does this verse speak to the question of Jesus giving you His endurance?

#3 He is seated at the right hand of the throne of God

- What does “right hand” signify in the Word of God?
- What are we saying about Jesus when we say He is seated at the right hand of the throne of God?
- Describe how Jesus being at God’s right hand helps you in your race of faith?
- How can Christians lay hold of more of God’s power to run our race?