

Hebrews 12: 1-4 ENCORE

- 1) The "Therefore" in Hebrews 12: 1 is a call to remember Hebrews 11 and the great heroes of the faith.
 - a) How would you summarize Hebrews 11?
 - b) What is God's testimony of the people in Hebrews 11?
 - c) What does Hebrews 12: 1 call the people from Hebrews 11?
- 2) Hebrews 12: 1 is a call to action based on the testimony of those from Hebrews 11.
 - a) What are we to lay aside?
 - b) What does it mean to be "ensnared" by sin?
 - c) How are we to "run" the race or Christian life?
 - d) Read Ephesians 2: 10 and discuss how the race is set before us:
- 3) Discuss the race illustration as it relates to the Christian life.
 - a) Do marathon runners like to compete while carrying extra weight?
 - b) What is likely to happen in a race if one runner is forced to carry an extra 60 pound weight?
 - c) What is likely to happen in a race if one runner gets tripped up (ensnared)?
 - d) What is likely to happen in a race if one runner lacks endurance or is out of shape?
 - e) How does the race illustration help you understand the Christian life?
- 4) How does one have or gain "endurance" in the Christian life?
- 5) What kind of things in life can be extra weights?
- 6) What kind of sins can trip you up or trap you?
- 7) According to Hebrews 12: 2 Jesus is the ultimate example to follow.
 - a) What example did Jesus set?
 - b) How could Jesus have joy in the cross?
 - c) What does "looking unto Jesus" mean?
- 8) How does Hebrews 12: 3 describe the treatment Jesus received?
- 9) According to Hebrews 12: 3 where is Jesus now?
- 10) What danger will a Christian face if he/she forgets Jesus' example?
- 11) Read Hebrews 12: 4 is it ok to "take a break" in the battle against sin?
- 12) Read the following verses: What does it mean to follow Jesus?
 - a) Matthew 16: 24-26
 - b) Matthew 10: 38
 - c) Matthew 19: 21
 - d) Ephesians 4: 32
 - e) Galatians 2: 20
 - f) Hebrews 12: 1-4