

Title: By Faith: Running Together // **Scripture:** Hebrews 12:1-2

ARRIVAL / SOCIAL TIME *15-20 minutes*

Spend the first 15 minutes or so of your time together catching up and socializing with one another. Also find time to catch up together on how the assignments from last week turned out.

SERMON REVIEW *5-10 minutes*

In Hebrews 12:1–2 we find ourselves in a faith relay race. Runners are passing the baton to us while we are already running ahead. Crowds are cheering! Others are running right beside us, but we have to focus on how we'll grab the baton being handed to us while doing our best to get to the next leg of the race. The pressure is on to run well and there are sins that entangle us, like distractions and extra baggage that hold back a runner from giving their best effort. God's promises remind us that He is with us and that our perseverance matters. When we fix our gaze on Jesus, we gain wisdom and strength to run a fulfilling race of faith and not simply endure.

THE MAIN THOUGHT *keep this in mind as you facilitate discussion*

By Jesus' faith we can run!

SEE IT – Questions *10-15 minutes*

Picture (What is the story saying?): The book of Hebrews tells us that there are runners behind, beside, and ahead of us running the race of faith. Who are some that have already run? Why was it important for them to remain faithful to the finish? Who has perfected faith?

Mirror (Where am I in the story?): What is the warning in these two verses? Have you ever tripped while walking or running? Was it hard to get up and get moving again at the same pace? Have you experienced a stumble in your faith? How did you recover? Who is cheering you on?

Window (How does the story change how I see those around me?): When it looks like sin is ever increasing around us, where does Hebrews 12:2 tell us to look?

BE IT – Practice *Which of these areas is God speaking to you about this week?*

Change UP

On the cross Jesus took on shame so we wouldn't be overcome by it. Pray the Lord's Prayer every day this week. (Matthew 6:5–14) Take a few moments each time to pause and be honest with God about any temptation of sin that may be encumbering you. Remember that Jesus has overcome sin! Accept and receive forgiveness and remember to forgive others.

Change IN

Who are you running with? Schedule two meetings this week (or nail down a time for next week) over coffee, breakfast or lunch. Schedule one with someone who encourages your faith and one with someone whom you can encourage.

Change OUT

Take a walk in your neighborhood or in a place where you spend time frequently. Pray for God to overcome entanglements of sin in those places and to show you how you can be a faithful runner.

CLOSING PRAYER *5 minutes*

Take a few minutes to gather any prayer requests and pray for each other to SEE IT and BE IT this week.