

Focus passage: Hebrews 12:1-3

1 Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, **2** looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

3 Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.

What stands out to you from this passage?

*Who are the witnesses mentioned in verse 1? Read over **Hebrews 11** to see some of the examples.*

What role or effect do these witnesses have upon us?

What weighs us down in the race that is set before us?

*Not every weight is necessarily sin. What are some so-called “good” things that still may hinder our race? **Read John 15:1-5** and discuss the idea of removing dead weight so we may run.*

*How do you understand the Christian life as a race? **Read 1 Corinthians 9:24-27.***

What does it mean for Jesus to be both the founder and perfecter of our faith?

How does his example encourage and strengthen us when we face pain during the race?

How can you apply this Scripture to your life?

