



LIFE GROUP DISCUSSION GUIDE



JULY 20, 2025

Dive In

Go around and let everyone answer...

Many of us have had some experience running, whether in a race, with friends for exercise or if being chased playing tag as a child. Share an experience that involves running that was memorable for you.

Dig Deep

Read Scripture: Hebrews 12:1-2

- In a track and field race such as in the Olympics, what effect do you think the crowd in the stands has on the runners? What effect does the “cloud of witnesses” have on you?
- Obviously, a runner does not intentionally carry extra weight if they seek to do their best in a race. What are ways you have learned to “throw off everything that hinders and the sin that so easily entangles” as you seek to run faithfully the race the Lord has set out for you?
- Why is it so significant to “fix our eyes on Jesus” to finish our race as Paul did (2 Timothy 4:7)?
- What do think the “joy set before Him” was for Jesus and what does this mean for you?

Do Big

- The few chapters prior to the “Therefore” in Hebrews 12 contain the author’s spiritual exhortation to endure and never give up. Hebrews 12 sustains this theme. These texts teach us that God continues to be faithful and does not give up on us, so how can we help one another to endure and not give up to faithfully finish our race and hear our Savior say, “well done”?