

COMMUNION SERIES
ON HEBREWS



The Supremacy of Christ and Christianity

STUDY GUIDE • HEBREWS 12:1-3

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Run the Race-Forward in Faith!

Hebrews 12:1-3

WELCOME:

Fixing Our Focus

Suggested icebreaker:

Have each person share an experience they had that made them want to give up. Ask them to share what drove them to that point and what kept them going?

WORSHIP:

Adoring Our God

Suggested songs:

- [In Christ Alone](#)
- [The Old Rugged Cross](#)

WORD & WALK:

Understanding & Applying the Word

LESSON AIM

1. GG members will appreciate the Old Testament as relevant in their life.
2. GG members will reflect on their lives to see if there is anything “weighing them down.”
3. GG members will look to Christ that they may endure life’s difficulties.

INTRODUCTION

After giving a list of people who endured in their faith, the author of Hebrews exhorts his audience that they, too, should endure in their faith. They have the Old Testament saints as their examples. They also have Jesus Christ, not just as another example, but as the One on whom they should fix their eyes upon.

The author exhorted believers to run the race with endurance (v. 1)

1. Who are the witnesses mentioned by the author?
2. A witness can be somebody who observes an event and they can also be somebody who relays to others what they observed. In what sense do you think the author used the word “witness” in this passage and why do you think so? (cf. Romans 15:4)
3. The author urged believers to lay aside every weight and sin. He spoke of them as two separate things. What do you think are their similarities and differences?
4. What kind of race is the author pertaining to in this passage? How should it be run?

Application

1. Many people think that the Old Testament is no longer relevant in this age. Why do you think they believe so? How can it still be relevant to us now?
2. The author described life here on earth as a race. How are you doing in your race?
3. What are some things in your life that may be weighing you down? What sin is hampering you in running the race?

WORD & WALK:

Understanding & Applying the Word

The author urged believers to look to Jesus (vv. 2-3)

1. Why do you think the author described Jesus as “the founder and perfecter of our faith?” What does it mean to be a “founder” and a “perfecter?”
2. What was the reason Christ endured the cross?
3. Jesus had to go through the cross to obtain the joy set before him and to sit at God’s right hand. What can you observe from this? Can you think of people in the Bible or in history who had to go through hardship before experiencing joy?
4. According to the author, what is the point of looking to Jesus? What connection do you see between the two?

Application

1. How does it affect you to know that Jesus is the founder and perfecter of your faith? How does it change your outlook in life?
2. How can Christ’s life, death, and resurrection encourage you to endure through life’s difficulties?
3. What are some things in life that wear you down? What are things that rob you of the drive to go on?

Prayer Item

Take time to pray for each other. Encourage and support each other to look to Christ that all of you may persevere through life’s race.



Your feedback is important to us.

Do you find this study guide helpful in leading your growth group?
If you used this study guide in leading your growth group,
please rate it at <https://bit.ly/GCFSGFeedback>. Thank you!



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Know Christ and Make Him Known

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